



my **AcneCoach**
HOW TO CLEAR YOUR ACNE

ANSWERS about Acne You've ALWAYS Wondered...



Does Chocolate Cause Acne?

Can Kefir Cure My Acne?

*What Should I Eat for Breakfast if I
Have Acne?*

*What Can I eat That's Good for
Acne?*

Does working out affect acne?

*Dozens of
Answers to the
Questions Every
Acne Sufferer is
Asking **BUT NO
ONE KNOWS!!!***

By Ray J. Wang

How To Clear Your Acne



my **Acne**Coach
HOW TO CLEAR YOUR ACNE

Presents

Does Food Cause Acne?

Does Food Cause Acne?

by

RAY J. WANG

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*For Nien, Julia, and Allison
My Family
Who Helped Me To Become
Who I Am Today*

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Read Me FIRST!!!

This is what the How To Clear Your Acne Regimen is all about. When people suffer from acne, many people seem to focus on clearing their acne from the outside. What they end up doing is spending a lot of money facial washes, creams, moisturizers. Some take it further than others and go through quite a chunk of change cycling through brand after brand, store after store.

And when that doesn't work, most people's next moves are to visit a dermatologist. They say, "I've tried everything, but I still am getting pimples. What should I do?"

And you know what the dermatologist says?

Most of the time, they reply with, "Here, take this medication 2 times a day."

But if you're lucky, you might even get from him, "You should think about [insert new laser scar therapy here that costs an arm and a leg]."

And the sad thing is that most people just spend more and more money while getting the same results. Break out, get sad, try new treatment, temporary success, then another break out, get sad, try even newer treatment, and the cycle goes on forever. Meanwhile, the acne sufferers self esteem just gets lower and lower, their pockets get emptier and emptier, and the dermatologists and ProActiv facial wash companies of the world get richer and richer.

If you've suffered from acne for a while and have really tried to do something about it, most likely, you know exactly what I'm talking about

Acne Free Diet

Does Food Cause Acne?

Hey Ray,

Thank you for the article - I really appreciate it. I have been one of those people who are still a little skeptical on the whole regimen. I have been suffering from moderate acne for about 8 months now.

I really want to believe in the regimen - but I never really had a problem with acne in the past, and I ate basically whatever I wanted.

I find it hard to believe that the food I eat is the cause of the acne I am currently experiencing - because I never had that problem in the past. What do you think? Do you think your regimen can apply to everyone, or just particularly the ones who have a correlation between acne and food?

-Josh

Dear HTCYA Reader,

I'm glad you brought this up:

I never had a problem with food and acne in the past, what are your thoughts?

Does food relate to acne for everyone?

You know what, a little while ago in my life I would've totally agreed with you. There's very been little talk about how food can affect acne. In fact, most people would probably dismiss the statement as ridiculous. A lot of people still do now. But after having tried everything else and having done a little bit (or a lot =) of research, I have a different approach now to the whole subject of how food can affect not just our acne, but our entire bodies.

I do think that food can affect your acne. And I'm saying this because I think that food can affect our entire bodies. Everything from the amount of salt that we eat in a hamburger to the amount of sugar that we eat in a cheesecake to the amount of vitamin C that we eat in a tomato, these things change our bodies. Sometimes the change is for good but more often than not, I see people who do things that are changing their bodies for the worst. It's a pretty simple concept really: what you put into your body and how you treat your body, it will respond a certain way.

If you never maintain your car, never give it tune ups, never fill up the gas or clean out the filters, it will probably have a shorter lifespan than if it were properly cared for. Of course, every is different and different people have different body types. We're all born with different levels of health, different sizes, different strengths and weaknesses. So it's important to find out what works for you and what your strengths and weaknesses are. If

you have acne and your friend doesn't but you're eating the same thing, it doesn't mean that food doesn't affect him and it affects you. It's not that simple, it means that food affects you both, BUT it affects you both DIFFERENTLY. And unless you were exactly the same in every way, had the same genetics, same parents, ate the same thing, took the same number of breaths a day, and drank the exactly same amount of water each day, your bodies will respond differently to what may "seem" like the same foods.

This regimen is different because it's not about a quick fix solution. I'm talking about getting your body healthy and specifically targeting the regions in your body that are affecting your acne. It's an approach that looks at the body from a holistic perspective. I'm not just talking about applying a cream; I'm talking about understanding your body as a unique machine that needs certain things that we haven't been previous told about.

I do think that this regimen can apply to most people in the United States. If you look around us, in 2011, 25.8 million children and adults in the United States have diabetes. One out of every three people are obese in America today. Look around your work, around your college campus, around your school or around your family and neighborhood. USA Today states that there are currently 73 million people, about 34% of United States adults are obese. You probably know someone who has had some form of cancer or another. Or maybe somebody in your family has had an incidence of cancer before. According to the Cancer.org, there are more than 1.5 million NEW cases of cancer in 2010 ALONE. Something is seriously wrong here. Maybe we all need to be taking better care of our health? Maybe we need to be more aware of what's going on?

I think that people can change though. We can learn about our bodies and better ourselves. And in doing so, you can also be

healing your hair, strengthening your bones, giving yourself more energy, as well as beautifying your skin. After going to graduate school for Dietetics and Nutrition, counseling clients all over the world, and thousands of hours of research, The How To Clear Your Acne regimen that I've designed focuses on being health from a holistic perspective with a specialization in acne and skin.

So, to answer your question, yes, I believe that we can all benefit from learning about our bodies. And we can all learn how to have clear skin the healthy and natural way.

A Simple Step-By-Step Regimen Guide

Hello Ray,

I came across your website and am very intrigued by your methods! I am 26 and have had severe acne since the age of 13. I have been to 3 different dermatologists and nothing has worked. When I read your site it finally *clicked* that nothing I put on my face is going to clear it up - I take amazing care of my skin so if that was the case, I wouldn't have acne at all!

So, I really want to start this diet and lifestyle, but I am having some difficulties understanding exactly what you do every day. I saw that a lot of people have requested a simple step-by-step guide of your regimen and was wondering if you could please send this to me? Your site is awesome but a bit overwhelming to me right now.

I am trying to figure everything out but am confused and want to make sure I do everything correctly. Any info would be awesome :-) You are really smart and if this actually works on my skin...I have no idea what I will do!

-Anonymous

Dear HTCYA Reader,

I'm glad you asked!

So you're asking me:

Could you send me a simple step-by-step guide of the How To Clear Your Acne Regimen?

And my response is...

My basic goal in this regimen is to get my body to a place where it's "healthy." And when it's healthy I will automatically have clearer skin, not to mention shinier hair, stronger nails, more energy, brighter eyes, etc...

Unfortunately, there really is no "simple" step to step guide to getting clear and being healthy. If there was, modern medicine could probably be summarized in a few pages. But what I can do is teach you the principles of the acne free diet and the How To Clear Your Acne Regimen.

Step 1: Normalize Hormones

Step 2: Acne Free Diet

Step 3: Candida Diet Detox

Step 4: Heal Bowels

Step 5: Heal Liver

Step 1 is all about getting your body under control so that you can complete the first steps of clearing your acne.

After the first step of clearing your acne, you'll be seeing significant results, results that you'll like! Step 2 is about staying clear and learning the Acne Free Diet.

In the 3rd step of the regimen, we go through cleaning out your body to make sure that everything you're doing in the regimen is working correctly. This is usually the part where we sort out the kinks if things were a little bit rocky in the beginning of the regimen.

In the 4th step, you'll be healing the deep inner parts of your body to make sure that you STAY acne free in the future and that acne doesn't come back even after you complete the regimen.

And the last part of the regimen, the 5th step, you finalize your health and make acne history. Be prepared to never have to deal with acne again.

That's just a rough structure of how the regimen is structured. The details could fill up a dictionary! To find out more, please visit www.Howtoclearyouracne.com.

Questions about Kefir

Hi Ray,

Was at your website and was pretty inspired by it. Was looking into kefir and had two questions about it.

1. Where did you get the kefir grains?
2. Did you buy them online or find them from a local kefir group?
3. Did you actually use raw goat milk to make your kefir?

I was just thinking about how difficult it is to find raw goat milk. I have to make phone calls and drive about an hour to go get it. Also... do you think you can freeze raw goat milk to make it last longer? I was thinking about buying more of it, throwing it into the freezer so that I would have it available when I wanted to use it so I wouldn't have to drive an hour every week to go get raw goat milk.

Well those were my questions. Thanks again for putting up such a wonderful site. Hope all goes well with finals for your engineering.

-Bobby

Dear HTCYA Reader,

Just to make sure, the questions you are asking are:

Where can I get kefir grains?

Can you buy kefir grains online or from a local kefir group?

Can I use raw goat's milk to make kefir?

The kefir grains I actually got from a family friend. But it also depends on what kind of strain you get. Some strains are healthy and some strains aren't, you can buy some strains on eBay but I don't know if they're good. My friend actually had some heart problems and they've been building up their batch for a while so it's a really good strain.

I did use raw goat milk for a while, but I couldn't afford it, plus I had to drive an hour to Los Angeles just to get it. At the time, I was a college student with a college student salary; therefore I figured I'd just use raw goat milk when I got a job, but for now it's just regular grocery store milk.

And yes, you can try freezing raw goat's milk to make it last longer. But sometimes milk does "reassemble" perfectly when you defrost it. Just be aware of that.

Chocolate

Dear Ray,

It also depends on what chocolate you eat no?

What I found out is that the higher the percentage of Cocoa the less sugar there is. Usually the ones that are above 85% cocoa have more fiber than sugar! =] I get the Lindt 90% chocolate bar. It's yummy, and has antioxidants, and also has less sugar than fiber xP!

-Danny

Hello HTCYA Reader,

I love chocolate, especially white chocolate. I know, I know, it's not really chocolate but I don't care, it's still so good...

Anyway, you're asking:

How can I eat chocolate without breaking out?

It's actually pretty funny when I get this email because even though I tell a lot of my readers that they need to cut down on the sugar they ask me this question. And instantly, I pretty much know that they're usually looking for a loophole because they still want to eat sweets!!!

Don't laugh too hard, because you probably fit in the sameeee situation =). I know I did.

The short answer is yes, chocolate does cause acne. I'm sorry to say it again, eating chocolate causes acne.

The long answer is, if you live in America, the chocolate that you and I know, the kind of chocolate that can be purchased at your local grocery store, that you get from See's Candies, that comes on a dessert plate in your favorite restaurant, most likely will aggravate your acne.

This is because of the following reasons:

- 1.) Most chocolate contains large amounts of sugar*
- 2.) Most chocolate contains large amounts of ingredients that are eventually converted into sugar in your body.*
- 3.) Sugar will cause inflammation at a cellular level*

4.) *Inflammation leads to a pimple if you are prone to acne (how do you know if you're prone to acne? Keep reading my articles to find out!)*

5.) *Most chocolate does not contain healthy ingredients to counteract the acne causing effects.*

HOW DOES BREAKING OUT FROM CHOCOLATE USUALLY HAPPEN?

So how do these freak chocolate "accidents" usually happen? Well, let's take my life for example. it's usually one of two different kinds of scenarios:

1.) *I'm out with friends and somehow we end up in front of a lot chocolate. Maybe you're on a road trip and your friend whips out a bag of M&M's and you LOOOVVVEEEE the red ones (like I do) which is JUST WEIRD because all the colors of the M&M's taste exactly the same. Or you're at a birthday party and there's a bowl of chocolate that no one is touching on snack table so ... what the heck, you take a few pieces every now and then. Before you know it, you've single handedly eaten enough to feed a small African village and the herd of antelope living nearby.*

2.) *You bought it. One day you're hungry and want something sweet. You're looking through your pantry and find this lovely surprise. "Oh, I've been pretty on task recently, I deserve a treat you think to yourself." Or "One won't hurt." But that one quickly turns to two which turns to three which turns into, "Crap, I've finished the box."*

HERE'S A EXAMPLE OF BAD CHOCOLATE

You buy it at the store, you get it from the mall, you get it in your desserts. See's Candies, Hershey's Kisses, M&M's, Chocolate pudding, Chocolate milk, Reese's Pieces (which are seriously AMAZING), Snickers, I could go on forever. These chocolates have one thing in them and a lot of it: SUGAR.

This is your enemy, stay away from this because this will aggravate your acne like no other. It usually doesn't contain any other positive ingredients and if it does, there's very little of it.

As of writing this article, today, these large corporations and popular brands have not come up with very healthy chocolate desserts. If you eat these kinds of chocolates, most likely, it will lead to a break out and it will cause you to have acne and pimples. Not pleasant.

HERE'S AN EXAMPLE OF BETTER CHOCOLATE

Now we're looking at healthier alternatives, basically, the lesser of the two evils. What really gives chocolate that great taste is the cocoa and the sweetness.

The sweetness is usually derived from the sugar that's placed in the chocolate. So if you can find a chocolate with more cocoa and less sugar, then you've found yourself a BETTER alternative than the other brands.

One example that I love to give is Lindt's Dark Chocolate 99% Cacao.

This stuff is very high chocolate cocoa and probably isn't what you're normally used to. This is because what we're normally used to is a lot less cocoa and a lot more sugar. But this is the real stuff, the REAL chocolate. And if you can find chocolate that

actually has fiber in it, then you've found something even healthier! These kinds of chocolates are safer to eat for your acne than other kinds of chocolates.

*****WARNING*****

Don't be fooled if you look at the back of the label and it says that it contains NO SUGAR! Don't be tricked!

What am I talking about?

"But Ray, didn't you just say that it's because of the sugar that chocolate is bad? So if I find a chocolate that is low in sugar or contains no sugar, doesn't that mean it's safe? C'MON! I WANT to eat chocolate!" I know that's' what you're screaming inside your head.

And actually, for some reason I imagine people stomping their feet and jumping up and down when they say that to me, lol. But anyway, I've actually been tricked a few times by this creative marketing labeling before I really started doing my research.

Let me give you an example.

Ever heard of maltose? Probably not, most people haven't.

You not knowing what maltose is, is a good thing for manufacturers and a bad thing for you.

It's got different names but relatively similar structures. Sometimes it's called maltose, sometimes it's called malitol, sometimes I've heard people say maltitose.

This is because maltose technically turns INTO what we know as sugar, but manufacturers don't have to label it as sugar on the front of the chocolate packaging.

That's why they can say that their chocolate is SUGAR FREE.

So you eat this chocolate and it still causes acne.

What's going on?

This is because the packaging says sugar free and technically they haven't added the sugar that you and I know, they added maltose which is later converted into sugar.

So it still has that sweet taste because it's chemical structure is very similar to structure but the loophole is that you think you're eating a chocolate with no sugar and they get away with it.

Tricky huh?

Bet you're glad you spent the time reading this article, don't you?

WHAT SHOULD YOU DO?

So Danny, right now I'm going to say that you're on the right track in finding a chocolate bar with less sugar.

This is because less sugar can do less damage and cause less inflammation. A chocolate bar that causes less inflammation means that you're eating a chocolate bar that causes less acne on your face. And that's a good thing =).

For those of you who are "real" chocolate enthusiasts. It's really about the cocoa content in the chocolate more than anything else.

That's what gives it that "chocolate" taste. The more cocoa you have, the more REAL chocolate you have. All that other stuff, that's just filler ;)

Also, more fiber than sugar in a chocolate bar is a good thing as well. This is because the fiber can act as a barrier against the sugar thereby lessening the negative effectives of sugar.

So I hope that not only helps answer your questions, but also gives you some valuable knowledge on if chocolate causes acne.

Milk, Dairy, & Kefir

What's up Ray?

I know you said that rice is bad, but what about rice milk? Do they strip off all of the nutrients when making that milk? There is whole grain rice, right? Is that good for you/safe to eatwell, better than white rice?

The reason I ask is that I was wondering if rice milk would be a good substitute for cow's milk when using it for kefir? I don't think I'll be able to get goat's milk, so would buying the Lifeway Kefir be the best or would making kefir with rice, almond (if you keep up with your Omega 3s?), or coconut milk be better?

It's annoying how our society has complicated what we can/can't and shouldn't eat. Eating should be easy and simple, right? I must say, it's all because of the greed of companies because they don't care about health (like you said =)).

Thank-you Ray!

-Anonymous

Dear HTCYA Reader,

I believe you are asking me the following:

Is rice milk bad for acne?

Are all the nutrients stripped away when making rice milk?

Is whole grain rice used in rice milk?

Is rice milk better than white rice?

Is rice milk a good substitute for cow's milk when making kefir?

Which would be better: buying Lifeway kefir, kefir made with rice milk, made with almond milk, or made with coconut milk?

Should eating in the Acne Free Diet be simple?

Rice milk isn't necessarily bad for acne, it's all the other things and sugar that's added to it that's not so great. If you can manage to get organic rice milk that doesn't have all those additives, then you're a lot better off.

Generally, when rice milk is made, the other nutrients are stripped away to make the rice milk that we know. Whole grain rice can be used but in the end, you're still not reaping the benefits because you're not ingesting it.

Stick with goat's yogurt if you can. That would be yogurt made from the milk from a goat. Rice milk and Almond milks are a no-no. This is usually because of all the other additives that are usually added to products like rice milk and almond milk.

Cutting Out Grains & Frozen Vegetables

Dear Ray,

Just wondering, can cutting out grains completely for a few months be dangerous or harsh on my body? Does my body need grains? This doesn't mean I am cutting out carbs though, right? Because your body needs carbs to function.

As for cooking vegetables, does that count for frozen vegetables that you microwave?

I have frozen broccoli or green beans, which I heat up in the microwave. Does that cause the vegetables to lose those vitamins?

And the same for them being frozen?

Thank-you.

-Anonymous

Dear HTCYA Reader,

I believe you are asking me the following:

Can cutting out grains temporarily hurt my body?

How important are grains to my body?

What is the difference between carbohydrates and grains?

Can I eat microwavable frozen vegetables while on the HTCYA Regimen?

If I microwave vegetables, does that cause them to lose vitamin content?

Your body does need carbohydrates to function. However, for the time being, the How To Clear Your Acne regimen requires you to hold back on carbohydrates so that you can limit the food source of bad bacteria if you have a possible Candida infection.

It's usually for a limited time period until you can get your body under control and away from any acne bacteria that may be living in your body.

You're cutting out the majority of grains but you can get energy and carbs from other foods for the time being. After you've limited the food supply for any possible acne infection bacteria, we then go on to kill the bacteria once and for all.

After this, you'll have an easier time returning to a "normal" diet that includes some carbohydrates.

Microwaving vegetables counts as cooking them because when you microwave something, the end result is that you are still heating it up. And heating up vegetables to a high temperature can end up destroying vitamin content and enzymes within the vegetable had you eaten it raw. It's better to eat vegetables raw because it allows the vegetables to maintain its nutrient and enzyme content. Slightly blanching them or steaming them isn't too bad but ideally, raw is the best way to go.

On top of that, certain nuts contain a lot more omega 6 and you don't want to run the risk of having your almond milk upset the hormonal balance you're working so hard for. If possible, try to stick with goat's milk or cow's milk instead of rice or almond milk.

If you can't find any of it, any low sugar yogurt is better than not eating any yogurt at all.

Limes, Lemons, & Avocados

Dear Ray,

What about limes, lemons, or avocados? These fruits were most consistently listed on alkaline diet charts as being alkaline.

What is your opinion on this?

-Anonymous

Dear HTCYA Reader,

Just to make sure, you're asking:

Are limes and lemons safe to eat?

Do avocados affect my acne?

Lemons and limes are great fruits that are low in sugar and high in nutrients.

None the less, still be carefull not to have too many lemons and limes because you can risk causing your body to become acidic. Too much of anything can still be bad, even if it's a healthy food like a fruit.

Avocados are good for you but contain too much omega 6. Too much omega 6 can upset the balance of essential fatty acids in your body thereby aggravating your acne.

Once a while won't hurt, the occasional avocado on your salad isn't too bad. But if you're having avocados on a daily basis, you may be affecting your acne in a negative way. The general rule is, try and stay away from avocados if possible.

What to Eat for Breakfast

Dear Ray,

What would you recommend I eat for breakfast then? Before, I used to have coffee with toast and eggs.

My doctor told me to stop it with caffeine so I started eating cereal with milk but since I read here that milk was bad I stopped that and I've been having a bit of oatmeal every morning.

So if I cut that now, what CAN I eat?

-Anonymous

Dear HTCYA Reader,

I believe you are asking me the following:

What would you recommend for breakfast while on the How To Clear Your Acne Regimen?

What should I replace caffeine while on the HTCYA Regimen?

Coffee, toast, and eggs sound like a fairly typical American breakfast. Chances are the cream and sugar that you may be adding to your coffee are not doing good for your acne. Cow dairy from the cream will most likely clog your system while the sugar will aggravate your acne. For now, I'd recommend most people starting off on the regimen to steer clear of carbohydrates, such as toast, until they feel that their bodies are on track and not as easily susceptible to acne bacteria.

The eggs are not so bad but as a breakfast, they may be a little heavier than your system can tolerate that early in the morning.

Contrary to popular believe, a great first meal should be water, fiber, and a probiotic supplement. I usually drink about 2-3 glasses of 8 oz of water with a tablespoon of fiber supplement. A probiotic supplement is a great way to replenish any good bacteria that you might have lost over the years and to make sure your gastrointestinal tract has plenty of friendly flora.

About 30-45 minutes later, you can then have your usual breakfast. But that early in the day, I still like to keep it light. Many times for "breakfast," after my water, fiber, and probiotic supplement, I'll have a small plain yogurt. And then a little while later if I'm still hungry I'll go ahead with a heavier breakfast (which is probably a brunch by now =).

What To Eat

Hey ray,

I saw your article about how a lot of things are bad for you and acne. And I eat and drink a lot of those things.

I was wondering if you could tell me what you eat a lot that's not bad for your acne?

Well thanks

-Chris

Hello HTCYA Reader,

This is an excellent question because after you figure out what to stay away from, you need to figure out what to stay “close to.”

You’re asking:

What can I eat that’s good for acne?

Here’s a good place to start. If you’re living in America and following anything close to the typical American diet, going to want to eat a lot more vegetables.

And after you’ve manage to maintain an alkaline diet that is rich in vegetables, feel free to add some other foods higher in protein.

Romaine Lettuce Hearts
Broccoli
Tomatoes
Cilantro
Onions: Green, Red, White
Peppers: Red Peppers,
Green Peppers, Yellow
Peppers
Lettuce
Red Cabbage
Kale
Chives
Leeks
Cucumbers
Cauliflower
Artichokes
Spinach

Celery
Sprouts
Fish: Salmon, Tuna,
Anchovies, Albacore,
Halibut
Pork
Beef
Lamb
Curry
Kefir
Yogurt
Sauerkraut
Nuts: Walnuts, Almonds,
Cashews, Peanuts,
Macadamia, Pecan
Goat's Cheese

Don't get carried away with the protein foods though. There is a way to eat everything. More isn't always better and sometimes, just because nuts are healthy, doesn't mean that eat a lot of nuts everyday can help you clear your acne.

*There's a certain set of principles that you need to follow in order to naturally clear your acne. And those principles are discussed in detail in the *How To Clear Your Acne Regimen*. This list is an outline of some great foods you should look into that are safe in the *Acne Free Diet* from the regimen.*

Eating Bad Foods

Hello Ray.

To the basics, it is all about staying away from carbohydrates? That helps a lot?

What do you do if a girl wants to make dinner? We can't actually eat in a large variety of foods.

I'm a student now so I will start the year with eating "the right way" and try to get my skin in line!

Do you ever go out party and drink or eat candy?

-Sincerely,

Torstein

Hello HTCYA Reader,

From what I understand, you're asking:

Is the Acne Free Diet all about staying away from carbohydrates?

What if you somehow “have” to eat bad foods?

How bad is partying, drinking, and candy for acne?

This is a common misconception. The How To Clear Your Acne Regimen and Acne Free Diet is not as simple as just not eating carbohydrates. However, one of the concepts that it brings up is that the absence of carbs may speed up the effectiveness of the regimen in the beginning stages.

The way this works is that temporarily abstaining from carbs in the beginning stages of the regimen starves possible yeast infections and acne bacteria living in your system. The harder of a time you give these bacteria, the easier of a time you have clearing your acne.

Therefore, if you are able to lessen your intake of carbohydrates for a period of time, it may help you clear your acne in the beginning steps of the How To Clear Your Acne Regimen.

Your second question, what if somehow you go out with friends and end up eating bad or what if there's a beautiful woman whose made dinner for you? Should you eat the food?

First off, congratulations on having a girl that “wants to make dinner” for you and second, go ahead and eat up!

In my opinion, it's definitely okay to let loose once in a while and enjoy life and food. Nowhere in the HTCYA Regimen does it mention that you have to be strict with yourself at all times, never have fun, and absolutely never eat a dinner that was prepared for you by a beautiful woman. =)

It's more important that your overall diet is healthy and acne free. If one or two meals with your friends that are about having fun, that is perfectly fine. So if you're day to day living is on task and sticks pretty closely to the How To Clear Your Acne Regimen and only a couple days every now and then are about having fun, you're definitely in the safe.

This regimen is not designed to make your lives miserable, though you may not always think so =).

How bad is partying, drinking, and candy? Again, the same principle applies here: it's okay to go out and have fun once in a while as long as it's not all the time. And this concept doesn't just apply to diet, it applies to many parts of lives. What if you went out and had fun all the time and only sometimes worked? What if you always relaxed and only sometimes exercised?

The idea that I'm trying to get across is that balance is key. Find the right combination that works for you and your body.

And for most people, a little bit of partying, drinking, and candy keeps them sane and happy.

So if what you need is a little bit of letting loose to ultimately keep you on track, then do it. I'd much rather you have some fun so that the other days of the week you can concentrate on the Acne Free Diet than being really strict with yourself and then, one day,

driving yourself crazy and quitting completely (which happens more often than you think).

*Remember, change doesn't happen immediately. People have often eaten their same diets for 20 or so years before finding my *How To Clear Your Acne Regimen*. Change is gradual and we should ease ourselves into change if we really want it to stick.*

I also enjoy myself once in a while. And I do drink and eat candy every now and then. All in all, just remember that the Acne Free Diet is about the OVERALL diet and not just about a few pieces of candy.

Brown Rice

Dear Ray,

What about brown rice, does brown rice cause acne?

-Anonymous

Dear HTCYA Reader,

I get asked this question a lot:

Does brown rice cause acne?

If you're on the How To Clear Your Acne Regimen, you'll want to stay away from carbohydrates for a little bit of time in order to starve any kind of bad bacteria, acne infection, or Candida that may be in your system.

Also, chances are if you do have acne, your body may be extremely sensitive to sugars right now.

Carbohydrates are converted into a type of sugar in your body and in the beginning, your acne may be very sensitive to times when you eat carbohydrates.

Brown rice and white rice are types of carbohydrates.

That being said, brown rice is better than white rice. This is because brown rice typically has more fiber and nutrients than white rice. White rice has had any nutrients and fiber stripped away, and all that's left is the endosperm of the rice.

Any whole grain rice is typically much fuller of fiber and will allow a buffer zone from the blood sugar spike that most white breads and white rice deliver. And that blood sugar spike is what causes problems in health, in skin, in aging, and in ACNE.

So while brown rice doesn't cause acne, too much of any kind of carbohydrate can aggravate your acne in the beginning of the regimen.

However, it isn't the rice that is causing your acne rather the fact that the acne bacteria may already exist and if you're eating carbohydrates, you may be feeding the acne bacteria and allowing them to flourish.

After the acne bacteria is dealt with, you'll find that eating proper amounts of healthy carbohydrates such as brown rice can be beneficial to your health and also not affect your acne.

Fruits

Dear Ray,

Are there any fruits that you would recommend acne prone people eat besides those berries?

I do like blue berries, strawberries, etc, but they're pretty expensive and I can't afford to buy much at a time...

-Katie

Hello HTCYA Reader,

Fruits are an excellent source of vitamins, but can be a touchy subject when it comes to acne. That's why I'm glad you asked:

What fruits can I eat while on the How To Clear Your Acne Regimen?

The group of fruits that I generally recommend is:

- *Lemons*
- *Limes*
- *Rhubarb*
- *Blueberries*
- *Blackberries*
- *Raspberries*
- *Strawberries*
- *Kiwis*
- *Tomatoes (Yes, this is a fruit too)*
- *Granny Smith Green Apples*

These fruits are low on the glycemic index and high in nutrients. Blueberries is one of the fruits with the highest antioxidant count among all other fruits.

Remember though, fruits still contain sugar, whether it's natural sugar or not. Therefore, eating too much of these fruits at one time can still aggravate your acne and cause a break out. All things in moderation and especially, all things in moderation when it comes to your acne =).

Daily Sugar Consumption

Hello Ray,

I was reading your step-by-step guide to clear acne, but then had this problem before I could continue. As for what I've been doing, I'm actually consuming a list of foods for a period of 4 weeks prior to a food intolerance test. I think this is a good start for me, before I seriously start making any firm commitment to your regimen, as outlined in your fantastic blog!

I thought it would be wise for me to... wise up, lol, before I started asking you things that you already have written elsewhere. I most likely don't know anything you wouldn't already know yourself, about treating acne &/or its cause.

Carbs definitely seem to play a role in my acne, though. I suspect Candida as a possibility. Either that or it's just down to the starch spiking my blood sugar levels, & then in turn, elevated insulin followed by acne.

What I'm afraid of, has to cut out so much food, that I'm unable to hold onto the little weight that I already have. I too have a very fast metabolism, such as you. But that's the last of my worries. That & becoming very hungry to having very little energy. But its early days yet, healthy eating should provide me with the energy I need. I was also disappointed to read about fruit & its connection to acne, seeing as its still sugar, if in natural form. The R.D.A (Recommended Daily Allowance) is 90 grams of sugar. This might be a stupid question, as your blog isn't working for me no more, but, how much sugar are you consuming daily?

I think the idea you mentioned, was to first have the body back in balance, before reintroducing certain foods back into ones diet. I would like to stick to the guidelines of the R.D.A once I've cleared my acne, if that is possible for me. And that means me being as healthy as I possibly can be.

I've already come such a long way - I have the willpower to say "No" to any food. The hardest thing for me is to be able to say "Yes" to any particular types of foods. I think I've suffered acne for (counts in my head) 13~15 years now. Just thinking the same thing as you - I'll eventually grow out of it.

I'll do what I've got to do, & I'll let you know my progress along the way. If you like, that is? In the meantime, I would really love to continue reading your blog, for that is a huge help to me, for when I get around to following your steps. I watch your YouTube videos, also. It's really great watching you, & I also like your witty humor: P

Keep up the fantastic work, Ray. Good Luck to ya. I'm rooting for you!

Joe. :)

Dear HTCYA Reader,

I'm going to talk about your question of:

How much sugar are you consuming daily, Ray?

I consume very little sugar these days. If you want an exact number, I actually don't keep track exactly. I'm just like any other person in this aspect in that there are some days when I eat more desserts and other days when I have less of them. But ever since I started this whole Acne Free Diet thing, I've scaled my previous sugar tooth binges down a lot.

If I really had to pick a number though, on the low end, it might be anywhere from as low as 10 grams a day to sometimes even as high as 80-90 grams a day.

And sometimes even more than that because I may have gotten some Jamba Juice with my friends (approx. 45 grams of sugar) and then maybe I'll have an ice cream sandwich because we're all hanging out at my friend's place and she offers us all some (and I don't want to be disrespectful =). Then maybe at the end of the night, we have a couple of drinks here and there and another midnight snack.

Before you know it, sometimes your sugar intake could add up to more than 100 grams in one day!

But it's not about one day of sugar consumption. It's about what I eat on a daily basis and my "average" daily sugar consumption. I don't eat 100 or so grams of sugar every day.

If I did, I would be having much worse problems than just acne, probably cavities, obesity, diabetes, all of this on top of my acne!

However, if I do have a little sugar, it's usually after a meal or after fiber.

It's also hard for me to hold onto weight. I find that working out helps the most. I'm kind of stuck at 142~146 lbs. But if I work out diligently, I can usually climb the ladder and get up to almost 150.

As of now, there isn't any RDA (Recommended Daily Allowance) for sugar set.

However, I think most people know that too much sugar can lead to other consequences, more than just a cavity. And just because there is no set limit yet doesn't mean that we can now go out freely and indulge to the max. You should have a healthy amount of sugar for energy, but you don't need to do it through refined sugar, try whole grain products.

I'm glad you've worked so hard! You probably know how difficult it is now to stay NO to those foods huh?

Olives, Peppers, & Cinnamon

Hi Ray,

I would like to ask you about olives and peppers are they safe for acne prone skin.

Also I have heard that cinnamon can help reduce blood sugar, what do you think about it?

-EK

Hello HTCYA Reader,

From what I gather, you're asking:

Do eating olives and peppers cause acne?

Does cinnamon help reduce blood sugar? How does that affect my acne?

When it comes to eating olives, they are generally safe to eat and will not affect your acne much.

What you do want to watch out for when it comes to olives is the salty brine solution that they usually come in if you buy them in jars. Though high sodium (salt) won't directly lead to break outs, it may lead to more serious health problems like high blood pressure. Moderation is key.

With peppers, it really depends because if you're suffering from acne, foods that make you sweat may end up irritating your acne. Some people also don't like eating spicy foods like peppers because it may cause them to flush and therefore make their acne scars more apparent.

All in all, peppers are very high in vitamin C and antioxidants. Just be aware of how the spicy-ness of the peppers are affecting your skin.

Cinnamon is a powerful antioxidant and bacteria killer, and yes, it also does help reduce blood sugar. Just remember that this is different from a dessert like a cinnamon bun though.

This is because a cinnamon bun does contain cinnamon, but it also contains a lot of added sugar. My thoughts about cinnamon

by itself are that it is a great herb with many amazing healing properties.

However, eating a sugary dessert topped with cinnamon isn't going to be enough to counteract all the negatives.

So the next time you try to convince yourself that a particular cookie, cake, or dessert is okay because it's got cinnamon in it, you may be trying to fool yourself =).

Midnight Snacks: Fruits & Watermelon

Dear Ray,

My dad is ALWAYS trying to get me to eat snacks at night, especially watermelon. He claims that it won't make me get acne or gain weight. I think it will because it is "off" my eating schedule.

Although it is mostly water, there are some natural sugars aren't there? So what is it? Good, or bad ?=

-Tina

Hello HTCYA Reader,

You've done great in critical thinking. And I'm glad you're asking:

Do fruits have a lot of sugar?

Are fruits good for acne while on the How To Clear Your Acne Regimen?

Yes, your parents are doing a good thing in wanting you to eat more fruits because fruits do contain a lot of great nutrients and are a lot better than eating Snicker bars, ice cream, or candy.

Watermelon contains vitamin C, vitamin A, vitamin B6, potassium and magnesium which are great for the body but it also contains one huge flaw that acne sufferers need to be aware of: the sugar content.

Watermelon is one of the highest fruits in sugar content.

Watermelon won't make you get acne but if you already have it, it definitely may make your acne worse. This is because all the sugar may lead to inflammation of your body at a cellular level. Inflammation ultimately leads to unstable hormones and pimples.

Of course, every watermelon is different. Some are sweeter than others and some aren't very sweet at all.

And if you get one that's not sweet and you love sweets, you might want to take that giant ball of green back to the grocery store for a refund! For every edible ounce of watermelon, you may be eating close to 2 grams of sugar!

To give you an idea of how much sugar you might be eating, one slice (280 g) of watermelon may contain as much as 20 grams of

sugar. And that's a lot if you're suffering from acne. My suggestion is to stay away from watermelon if you're still suffering from acne.

This isn't to say that you'll never be able to eat watermelon again. Just for the time being, your body may be very sensitive to sugar so you're going to want to abstain from fruits that are high on the glycemic index.

In the future, when your body stabilizes, feel free to venture a little bit further with sweet fruits. Though watermelon is 92% water, it contains enormous amounts of sugar. Better fruit suggestions may be strawberries, blueberries, blackberries, kiwis or raspberries.

Strawberry Kefir vs. Plain Kefir

Dear Ray,

What about the strawberry flavored kefir?

Would you recommend against it because of the extra sugar added?

-Anonymous

Dear HTCYA Reader,

This can be confusing:

Should I get flavored kefir or plain kefir?

Is the strawberry kefir bad because of all the added sugar?

Strawberry flavored kefir may taste great, but that's because there is a lot of extra sugar added to it.

And because it has too much sugar, you can actually end up hurting your acne more than helping it. The added sugar in strawberry flavored kefir can aggravate your acne and give that bad acne bacteria and Candida that may be living in your body something to feed off of.

Stick with the plain flavor and you can add some berries or stevia if you really don't like it. Though, if you can handle it, I'd suggest no added sugar or sweets at all because this allows for all the positive with as little of the negative as possible.

Fiber: Chia Seed

Dear Ray,

I have a question. I just bought some Kefir today... and I thought I would mix MILA (product made from the CHIA seed, containing the proper balance of Omega 3 and 6's) .. into my Kefir.

But then, I remember Ray said to not eat the Kefir with a fiber supplement because you won't absorb the nutrients.

I know MILA has a lot of Fiber, so... Should I eat them separately?

-Summer

Hello HTCYA Reader,

This is a great question and it's actually something that I was also worried about when I started eating kefir and mixing it in with other nutritious and healthy components.

If MILA made from Chia seed has a lot of fiber, should I eat it separately with my kefir?

To answer your question, you're doing fine. It's perfectly okay to eat kefir WITH products that have fiber as long as it's not a fiber "supplement." Therefore, it's fine as long as it's natural fiber or MILA as long as it's not a fiber supplement.

If you want to be on the safe side, it's better not to put the two together at all. Hypothetically speaking, you should be taking your kefir on a relatively empty stomach.

If you want to make sure that the fiber in what you're eating isn't affecting the kefir, then wait for a period of time to take any foods with large amounts of fiber separately.

A good amount of time to wait between the two is 30-45 minutes.

Kombucha

Hi Ray,

Love your site. Found you on YouTube last night and can't stop reading all your insightful info.

I'm 34 and still have acne as well. (Sucks) Recently I've been eating a mostly vegetarian diet and raw if possible.

Have you tried Kombucha? I'm wondering if Kombucha has similar properties. I make my own. The process is similar to making Kefir.

Thanks again for the great Blogs.

-Susan

Hello HTCYA Reader,

Not a lot of people have heard of Kombucha, so I'm glad you asked:

What is Kombucha?

Can I use Kombucha in the How To Clear Your Acne Regimen?

Kombucha can be made at home and is normally made with black tea and sugar then allowed to ferment. It is similar to kefir in the way that it's a fermented "drink" that contains many positive benefits to your health. What you end up with is a fizzy drink that is actually quite tasty.

Kefir is generally made with milk and fermented with kefir grains. You don't necessarily have to use cow's milk, you can also use goat's milk, almond milk, or coconut milk.

The result is usually a yogurt like drink that is slightly sour to the taste but still very delicious.

The benefits of eating fermented drinks are closely related in that we eat them for the good bacteria that have been developed. Often times, during the fermentation of these products, other great nutrients are present within the drink too such as folic acid or calcium.

However, the important thing to remember is how effective these drinks are in terms of implanting probiotics within the body.

Different drinks have different effects, different qualities and quantities of probiotics, and different nutrients. From my knowledge, all the drinks work equally well, but it's kefir that

works best to help the body's absorption of essential fatty acids. And that's what's really important, the absorption of those EFAs.

Kombucha is a great drink that has many different health benefits. I'm not saying that you should only drink kefir. It's important to diversify and if you can, drink both!

Eating Sauerkraut

Dear Ray,

I know ray you said I could maybe eat sauerkraut but doesn't it have too much salt?

How do I suggest I eat it? Before I take all the pills of after?

Please reply ray, and thanks for all your effort

-Sergio

Dear HTCYA Reader,

Sauerkraut is a great food, so I'm glad you're asking the following questions about it:

Does sauerkraut have too much salt?

How should I eat sauerkraut?

Should I take my vitamins before or after eating sauerkraut?

Sauerkraut is actually a great source of vitamin C and contains lots of natural enzymes. Best of all, sauerkraut contains those healthy probiotics that I want everybody to be getting on a regular basis.

When it comes to sauerkraut having too much sodium (also known as salt) it really depends on how much salt you add in sauerkraut.

I'm saying this because the sauerkraut that I eat, I would make it myself. It's really easy to make and it's a lot healthier than most foods you'll find in most fast food places these days.

The daily recommendation for sodium intake a day is roughly 2,400 mg or less if possible in the United States. In the United Kingdom, recommended sodium intake is around 1,600 mg.

Therefore, you can tell that some people might disagree with how much is healthy for the human body. Just know that if you have too much sodium can increase your blood pressure, cause heart failure, strokes, and heart attacks.

If you're taking supplements with your food, including sauerkraut, take them 5-10 minutes before food or 30-45 minutes after.

That would allow for digestion of the food but also proper absorption of the vitamins that you're taking.

Nuts & Fish

Hi Ray!

Thank you a million times!

I love cashews, but I always seemed to get acne after I consumed a lot of them. I thought it was just me at first. I also had this problem with eggs. Can you explain this?

When I eat salmon daily, my skin is clear, but when I eliminate salmon, the acne comes back with a vengeance. Can you explain this too?

My grandmother said I needed fish oil. She's been right about nearly everything.

Thank you for this,

-Ann

Hello HTCYA Reader,

So you're asking the following:

Do cashews cause acne?

Does salmon help with acne?

There's a lot of talk about how great nuts are and how they're considered amazing brain foods. These people aren't wrong. In fact, nuts do contain many benefits such as aiding the heart, brain, and health.

The problem comes when people with acne issues eat too much nuts. In this case, we're talking about cashews. Cashews contain a lot of omega 6, which will upset the balance of omega 3 to omega 6. Upsetting this balance ultimately leads to a possibility of unbalanced hormones in acne sufferers thereby worsening the problem of acne.

*What your grandmother said is right. Looks like she's read a little bit of the *How To Clear Your Acne Regimen* too, huh? =)*

As it turns out, the salmon that you're eating is rich in omega 3 which is the first step to clearing your acne. Most diets are very deficient in omega 3 and very abundant in omega 6.

And if you're suffering from acne, chances are you may need to balance your omega 3 to omega 6 ratio by increasing your intake of omega 3. So eat plenty of omega 3 foods!

Kefir & Vitamins

Dear Ray Wang,

Hi my name is B**** and I am 17 years old and getting ready for my senior year.

My acne has been present since 6th or 7th grade and I am ready to help my body get back in balance and get rid of my acne. I tried Proactiv and it has helped a little bit but it has kind of made it worse.

So I was searching on the internet and found your YouTube video and went to your website (great website by the way). I just bought my first bottle of Kefir (wasn't able to find kefir grains) and a bottle of Omega 3-6-9 vitamins/pills.

I was wondering, on the kefir, is it best to get the plain flavor or does it matter if I get a flavored kind? I was also wondering, if I take a multivitamin, my Omega 3-6-9, and drink my kefir (and eat right and exercise and take care of myself) will this be a sufficient routine to get my acne cleared and body back in balance?

Do I need to take all the extra things that you take like the coconut oil and flaxseed, and all the other things that you showed in the video: "What it would look like"?

I am really looking forward to your reply and ready to begin the road to good looking skin. Thanks for ready this email too!

-Sincerely,

-Bernice

Hello HTCYA Reader,

I believe you're asking the following:

Is it better to get plain flavored kefir or flavored kefir?

Is a multivitamin, omega 3-6-9, and kefir enough to clear my acne?

Do I need the other things you talk about in your Acne Free Diet?

When it comes to comparing plain flavored yogurt or flavored kefir, plain flavored is better. Don't be fooled by the name, there's nothing "plain" about it. It's really just "unflavored" kefir but the manufacturers call it "plain."

None the less, "plain" kefir is the better choice because it contains less added sugar. Less sugar will lead to less inflammation which will lead to less pimples and break outs for you.

Taking a multivitamin, omega 3-6-9, and kefir will help with your acne but if you're wondering whether it's enough to cure your acne entirely, that's a case by case basis. And the reason why I say this is because a multivitamin, omega 3-6-9, and kefir is only a piece of the puzzle. How severe your acne currently is, how your body reacts to these ingredients, and what you still need, these are also important pieces of the puzzle in clearing your acne.

Therefore, whether or not it will be enough to clear your acne completely, this all depends on you. For some people, they just needed to stop eating nuts and their acne may significantly clear up. For others, it may be a lot more complicated than that.

Fortunately and unfortunately, our bodies are complex machines that can both perform amazing feats while simultaneously need careful attention.

My suggestion would be to start off with those ingredients of multivitamin, omega 3-6-9, and kefir. See where that takes you for the next several weeks, making sure that you do those basic steps correctly.

*See if you're satisfied with the results. For some people, that may be enough. For more severely cases, multivitamin, omega 3-6-9, and kefir may not be. If this is the case, then you may need to start looking into the other parts of *How To Clear Your Acne Regimen* and my *Acne Free Diet*.*

One more trick, it also really helps if you take a before and after picture to better gauge the results. Do it like the commercials, this way you'll be able to see right away when comparing the pictures if what you've been trying really works and how effective it was.

What to Eat While on Antibiotics & in Recovery

Hey Ray,

Thank you so much for responding to my long post. I went today to get my thyroid checked as a lot of the symptoms I have had, feeling cold/hungry/dry hair/fatigue/etc., are all symptoms of hypothyroidism, even acne.

I also went and got a facial to extract my blackheads and that helped. I am going to get my tonsils removed in June, and I was wondering what I should do to maintain acne free skin through my recovery.

They will probably put me on a lot of meds and stuff, and I will have to eat really soft food for a couple of weeks. Any ideas of what I can eat and what I can do to keep up my good nutrition?

-Anonymous

Dear HTCYA Reader,

I get asked this question every now and then:

What can I eat while on antibiotics, in recovery and still clear my acne naturally?

The best thing you can do probably is learn about a Food Pyramid or the particular diet that may be adjusted if you're taking your meds with your tonsil surgery. The Food Pyramid is a government program that is designed to help guide people to follow a healthy and well balanced diet.

I'd try to keep it simple and organic if I were you. You're body is going to be in a recovery state and you're going to have to take extra precautions to eat right and not mix too many things together because it might affect the medication and recovery that you're going to be experiencing.

I'd suggestion yogurt, fresh vegetables, light sources of protein, and healthier alternatives. But check with your doctor because he's going to know your condition more specifically.

Also, Probiotics would be a great addition in the morning to help replenish any good bacteria that might have been wiped out by the antibiotics and meds you may be taking.

How to Get Kefir Grains

Dear Ray,

May I know where to buy kefir grain please?

-Melvin

Dear HTCYA Reader,

If you want kefir, you're going to need to know where to get them:

Where and how can I get kefir grains?

I actually get this question a lot. And when you're faced with this question, you really have two options. You can either...

- 1.) Purchase online*
- 2.) Purchase in store*
- 3.) Obtain from a friend*

If you're lucky enough to have a friend that owns a strain of kefir grains, then congratulations, your work is already done. Chances are he or she already knows how to raise the kefir grains and will be able to teach you everything you need to know.

Unfortunately, most of us don't have that kind of luck. And if you're one of those people who don't know someone whose had previous experience with kefir, then you can always buy the kefir grains online. They'll ship it to you and you can start your own kefir farm.

On the other hand, if you're looking to not to any of that, you can just buy the premade product in store. Here in California, you can find readymade kefir at Ralphps, Whole Foods, or Trader Joes. At the time of writing this response, each bottle runs from about \$3.00 to \$6.00.

Kefir vs. Yogurt

Hi Ray,

What about Kefir from cow milk? Would you then suggest against it? I'm not able to get any other type of kefir... And I guess yogurt would also count as a milk product?

What is difference between yogurt and kefir? What if I only eat yogurt?

-Anonymous

Hello HTCYA Reader,

Just to double check, you're asking:

Is it okay to eat kefir from cow's milk?

Is it okay to eat regular yogurt on the Acne Free Diet that you recommend?

What is the difference between kefir and yogurt?

Is it okay to replace kefir with yogurt?

I guess this question a lot. A lot of people wonder whether or not kefir made from cow's milk is safe? This question probably comes up so much because I recommend that most people who are suffering from acne consume kefir made from goat's milk on a regular basis.

Ideally, if you can make, buy, or somehow get your hands on kefir made from goat's milk, that would be the best. This is because goat's milk lacks the ingredient casein and won't end up clogging your system like cow's milk would. Less clogging leads to a higher probability that your body can stay clean.

However, if you really can't get your hands on kefir, that's okay too. Because while kefir is one of the main players in the game, it's actual job is to better help the absorption of other cofactors and nutrients that your body is starving for. So, if you can get your hands on any kefir, it's better than none... even kefir made from cow's milk. =)

Yogurt would also count as a milk product. Most yogurt is made from cow's milk unless otherwise specified.

The difference between kefir and yogurt is that kefir not only contains probiotics, it also creates an environment conducive to good bacteria in your stomach. Therefore, both yogurt and kefir have the good bacteria that you want, but kefir has that extra step of helping your body build a little “house” for them to live in.

Whether or not I would recommend that you replace kefir with yogurt is another question that I get asked a lot. In some places, some people can't get their hands on kefir. The nearest grocery store may be 25 miles away. They have a hard enough time getting to the grocery store, let alone get to a health store. Other people's only option is through their parents because maybe they're not old enough to go shopping or their parents don't know where or how to get kefir for them.

If this is the case and getting kefir is really unlikely, then your next best option would be yogurt. It's better some sort of kefir or yogurt than nothing.

If anything, you're still getting the friendly flora or good bacteria in your body and increasing the chance of absorbing those nutrients you need to acne free clear skin. This being said, if you do have to eat yogurt, go for plain yogurt if possible.

A lot of the yogurts on the market right now are filled with sugar and other additives that are extraneous. And remember, yogurt is also made from cow's milk, so don't be too surprised to see at least a little bit of sugar on the label.

Kefir & Sugar

Hey Ray,

My name is Andrew. I found your site as I was about to buy a new acne product and was searching on YouTube for comments on it. I have had acne for 16 years. My face has produced enough oil to run a refinery.

I found kefir with whole goat's milk, but it still has 11 grams of sugar. How can you win with this? I try to compensate by only having 1/2 cup a day at dinner, giving me 5.5 grams of sugar. A theoretical improvement would be taking 5 g of fiber before kefir, but I fear that may interfere with EFA absorption. Suggestions?

-Andrew

Hello HTCYA Reader,

I believe you're question is:

Does kefir made with whole goat's milk have too much sugar?

How can I work with having to consume the 5.5 grams of sugar a day?

Your worry about eating too much sugar is a natural one. When you look at the back of that label, you're probably expecting it to say somewhere around 0-5 grams of sugar. You're definitely not expecting it to say 11 grams of sugar.

I understand that a primary concern of the How To Clear Your Acne Regimen is to lower sugar intake. You probably already understand the concept of sugar aggravating your skin if you're already suffering from an acne situation.

However, what most people don't realize is that a lot of the times, kefir already comes with about 8 grams of sugar.

This is because kefir is made of dairy, and dairy contains lactose. That 8 grams of sugar comes from the lactose in dairy, which is a natural sugar that we really can't get rid of in milk.

So when you're looking at the label and it says 11 grams of sugar, about 8 grams of it is probably the natural lactose in the dairy. The other 3 grams may be added for flavor.

So don't worry, you're on the right track now that you're being conscious of sugar intake, but unfortunately it's difficult to consume kefir without any "sugar" at all.

That being said, there are some kefir products on the market that contain only 8 grams of sugar and don't have any added sugar at all.

For your second question, if you're only having 5.5 grams of sugar a day, you're doing great! That's a very small amount of sugar and it's not enough to really aggravate your acne.

As a general rule, anything under 12-15 grams of sugar at a time won't spike your blood sugar and aggravate your acne.

Therefore, you don't have to worry about trying to create a configuration with that 5 grams of fiber so that you can reduce a sugar spike.

Carbohydrates & Subway

Hi Ray,

I've been following your diet closely and I'm starting to see some results. Thanks!!

My question is with regards to the abstinence of "brown, whole wheat bread", I've managed to stay away from it, which is great but yesterday I was sitting there eating my "Shredded Wheat" cereal (no milk), the one with zero grams of sugar, and I was like wait!!

Whenever you have a chance, please let me know if it's okay to eat this or should I cut back on it or maybe eliminate it completely until my acne is controlled?

Also, when it comes to Subway, how often is it okay to eat it, or should I just wait until my acne is controlled?

Thanks,

Francisco

Hello HTCYA Reader,

I believe you're asking the following:

Is shredded wheat cereal okay to eat during the How To Clear Your Acne Regimen?

Is it okay to eat Subway sandwiches during the How To Clear Your Acne Regimen?

Regarding shredded wheat cereal, you're right, it does fit into the bread category. And I'm not saying that you can't have bread at all. I'm just saying, for these next one or two months, if you can lessen the amount that you eat, it would speed up your clearing of acne.

Therefore, to answer your question, it's best to cut back on all carbohydrates until your acne is controlled.

This is because the more you can cut back on sugars or foods that are converted into sugars in your body such as breads or shredded whole wheat cereal, the more you starve yeast infections and acne bacteria living in your body.

The harder of a time you give them, the easier of a time you have clearing your acne.

Subway sandwiches are wrapped with a lot of bread. Therefore, Subway sandwiches would fit into the category of cut back on or try to eliminate until acne is under control.

This isn't to say that during the Acne Free Diet and the How To Clear Your Acne Regimen that you cannot eat carbohydrates, breads, or whole wheat foods at all. It is just my recommendation that you try and stay away from these foods until your acne is

more under control and the yeast infections or acne bacteria in your body is weaker.

That being said, there are going to be times when you do eat carbohydrates and bread because you may be out eating with your friends or it a woman may cook for you. If you have a choice, it's best to try and follow these principles if you have to eat carbohydrates during the How To Clear Your Acne Regimen:

- 1.) Avoid Processed Carbohydrates*
- 2.) Try and fiber beforehand*
- 3.) Stick to whole grain or whole wheat*
- 4.) Don't have more than one serving in one sitting*

If you follow these principles, you'll be sure to help your body along in the fight against acne.

And because this is one of the hardest things to do in our culture due to the fact that Americans consume so much bread and carbohydrates, if you can get this under control for a time, you'll be well on your way to clear skin.

Vegetarian Acne Free Diet

Dear Ray,

This is great! I know quite a few thriving vegetarian/vegans. Do you think you can do a sample acne free diet for vegetarian/vegans?

-Guest

Dear HTCYA Reader,

For all you vegetarians out there, this one's for you:

Can you design a sample vegetarian acne free diet according to the How To Clear Your Acne Regimen?

I think going vegetarian or vegan is great for those who are up for it. And of course, if you do choose one of those paths, remember the vitamin B12 supplement because vegetarian/vegan diets are usually deficient in that particular vitamin.

If you do decide to go vegetarian or vegan, you can still maintain a healthy diet and follow the How To Clear Your Acne regimen too. Here's an example diet that you might try.

Breakfast:

Water, Fiber, Probiotics

Brunch:

Small Salad w/ Tomatoes and Dressing

Fruit: Raspberries, Blueberries, Blackberries

Snack:

Small handful of Stone Ground Flaxseed Chips

Green Drink/Organic Lemon Juice

Lunch:

Vegetarian

Vitamins, Supplements, EFAs

Kefir made from almond milk, coconut milk, or sauerkraut

Soup

Snack:

*Small Salad w/ Granny Smith Green Apples
Green Drink/Organic Lemon Juice*

Dinner:

Large Salad w/ Vegetarian Chicken

Soup

Slice of Whole Wheat Toast

I know a lot of vegetarians end up using soy as a big part of their diet. The thing is that soy actually has a lot hormonal manipulators than you might realize. Therefore, soy may be contributing to your acne if you're having a lot of it. There are a lot of enzyme inhibitors and negative side products with soy that most people don't know about.

Here in America, we've televised and marketed soy to be this health product when in reality, we really shouldn't be eating as much of it as we are right now.

Soy is not meant to be a meal replacement and if you look at most other Asian cultures, they don't eat as much soy as we do. I'd really advise anybody going vegetarian or vegan to do some research on the negative effects of soy and also soy in relation to hormones.

Vegetarian Diets & EFAs

Dear Ray,

Thank you for taking the time to answer my question...I have never had acne as a teen...I'm now 23 and I do... it's driving me bananas...but prior to finding your site I did find a connection between the liver and this dreadful disease....but yours is the whole package...I'm confident it will work man...god bless you dude....

It's me again...just want to know how can I get my EFA if I'm a vegetarian?

Thanks buddy

-Anonymous

Hello HTCYA Reader,

So what you're asking is:

How can I get essential fatty acids in my diet if I'm a vegetarian?

You absolutely can get essential fatty acids or EFAs if you're a vegetarian. Your options are:

- 1.) Flaxseed*
- 2.) Tofu*
- 3.) Walnuts*
- 4.) Supplementation*
 - a. Liquid Form*
 - b. Gel Form*
 - c. Fish Oil Pills*

Try sprinkling these on top of your salads or mixing them in with other foods. For example, flaxseeds are great if you sprinkle them with your vegetables. And if you really have a hard time, you could always supplement with gels or fish oil pills.

What else can I eat other than salads on the HTCYA Regimen?

Hey Ray,

I'm getting sick of eating salads. It's driving me insane and getting me depressed lol. I don't know what else to eat besides acne prone foods because they're everywhere.

I'm also beginning to look skinnier (not a good thing) even though I've been staying away from the gym. Idk what to eat anymore and I hate feeling guilty of the things I do eat.

-Jenny

Hello HTCYA Reader,

From my understanding, you're asking the following:

What else can I eat other than salads on the HTCYA Regimen?

When I first started, I had no idea what to eat either. I was afraid of all kinds of foods because I noticed that all the foods that I liked to eat before were supposedly “linked” to acne in the Acne Free Diet and How To Clear Your Acne Regimen.

But after learning more and experimenting more, I found there's actually a lot of foods out there that I can eat and that are healthy for my skin.

In the How To Clear Your Acne Regimen I stress how important it is to learn the principles and not just what to do.

And once you understand how your body works and the key ideas of nutrition you can work around the principles to create recipes that satisfy your appetite!

To start, while your diet doesn't have to be only salads, keep in mind that you want to eat lots of fresh and organic vegetables. You can have protein such as chicken, fish, lamb, pork, or even steak. And other foods such as whole grain breads and rice once in a while are fine too.

The problem comes when we try to change our diets so radically into something so different than what we're used to.

There's often a learning curve when we first start out. In the beginning, you're not going to know what to do.

You might run into times when you don't know what to eat at all and it's just safer NOT to eat. But if you tread on, eventually you might hit the middle of the road where you'll have a set routine of foods that you know are safe.

And if you go a little further, eventually you might get the point of understanding and working WITH the principles to create recipes that not only are healthy, but also tasty!

Err... Acne “Pills?”

Accutane

Hello again Ray,

Okay so this happened a while back but I just never had time to tell/ask you about what happened to me. Okay so I HAVE taken Accutane for my acne! I did not care about the side-effects of it because I just wanted clear skin which it did help me in clearing some of my acne that I had, but the main thing I hated about it was back pain.

It was bearable, so I never complained about it (yes I told my dermatologist, but she said I should be fine). My derma wanted me to take another 6 months of it... and I never went back because I found this website! :]

So a week ago I was going to do the saturation dose for 10 days I was iffy on this part because of my history with Accutane (I knew Accutane was a form of vitamin A), but I decided my body needs it so I did it (prior to this I was just taking 50000 IU). The same day I had the worst back pain in my life... I literally could barely get off the couch it hurt so much! It scared the poo out of me so the next day I cut out vitamin a and then after that I just stayed at 50000 IU.

The days after that were okay I still had a little bit of back pain here and there but nothing compared to the saturation day. The pain is pretty much gone and other than that I have been fine ever since. I don't know what happened can you help me, and maybe warn people if they have taken Accutane that this could happen?

I pretty much just want to know what happened. I'm thinking that the vitamin A just brought back the side effects because I

**still have Accutane in my body, or it changed the way I
absorb vitamin A. I dunno.
=S**

Thanks for your time Ray!

**Danny
:)**

Hello HTCYA Reader,

Should you take Accutane?

Accutane is a form of vitamin A, in fact, it's molecular structure is that of very similar to vitamin A. Maybe it's a coincidence that high dosages of vitamin A are bringing back pain for you just like Accutane did... but chances are, it's probably not a coincidence. None the less, because you've had Accutane before, you may want to take note of possible effects that your body had to deal with.

Here's a list of vitamin A toxicity symptoms that you may want to know from eMedicine.medscape.com:

In the event of an acute vitamin A toxicity, a history of some or all of the following may be obtained:

- *Nausea*
- *Vomiting*
- *Anorexia*
- *Irritability*
- *Drowsiness*
- *Altered mental status*
- *Abdominal pain*
- *Blurred vision*
- *Headache*
- *Muscle pain with weakness*
- *In chronic vitamin A toxicity, a history of some or all of the following may be obtained:*
- *Anorexia*
- *Hair loss*
- *Dryness of mucus membranes*
- *Fissures of the lips*
- *Pruritus*
- *Fever*
- *Headache*

- *Insomnia*
- *Fatigue*
- *Irritability*
- *Weight loss*
- *Bone fracture⁴*
- *Anemia*
- *Bone and joint pains*
- *Diarrhea*
- *Menstrual abnormalities*
- *Epistaxis*
- *Physical*

Manifestations of acute toxicity

- *Muscle and bone tenderness, especially over the long bones of the upper and lower extremities*
- *Neurologic manifestations with signs of increased intracranial pressure (eg, children may have bulging fontanelles)*
- *Manifestations of chronic toxicity*
- *Alopecia*
- *Skin erythema*
- *Skin desquamation*
- *Brittle nails*
- *Exanthema*
- *Cheilitis*
- *Conjunctivitis*
- *Petechiae*
- *Liver cirrhosis*
- *Premature epiphysial closure in children*
- *Hepatosplenomegaly*
- *Peripheral neuritis*
- *Benign intracranial hypertension*
- *Ataxia*

- *Papilledema*
- *Diplopia*
- *Hyperostosis*
- *Edema*
- *Hepatic hydrothorax*⁵

I don't believe this list is to be overlooked. Those who are thinking about taking Accutane, taking Accutane, or already have taken Accutane should be aware of what they're getting themselves into.

I think Accutane is that "magic pill" that a lot of people have been so desperately searching for.

And it's sad that they've found this misleading "solution" before they really got a chance to learn about their bodies and find a real solution.

Even worse, Accutane is not a permanent solution. According to Acne.org, 1 out of every 4 people who take Accutane get acne again. Chances are, the other 3 out of 4 changed their bodies so dramatically that they don't have an acne problem anymore, it may be somewhere else they can't see and it may be worse...

Birth Control

Hi Ray,

I've been trying to follow all the advice on your website and I have already seen a difference in my skin. The acne seems to be going away slowly but I still get a few white heads every morning.

I wanted to thank you!!! Also, I'm on birth control. What's your view on birth control and acne?

It was helping with my acne but it doesn't seem to work anymore? I also started taking an anti-androgen prescription called Sprironolactone. I hope that along with my new eating habits these pills will help my skin.

Again, thank you for everything. I hope you finish/ add on to the Kefir article soon.

Thank you!!

-Esther

Hello HTCYA Reader,

From my understanding, you're asking:

How does birth control relate to acne?

Why isn't birth control working anymore?

For those who are on birth control, it's best to be careful because birth control does alter your hormones. Most forms of birth control works by suppressing the pituitary gland. The pituitary gland is responsible for regulating various hormones in the body and also triggering ovulation in women.

Therefore, when you ingest birth control pills, you may be fiddling with your body's natural process. While stopping certain hormones may lead to your acne improving, it may not be the best solution for your body.

And what I mean by this is that, for some reason, your body is acting a certain way and your hormones are a certain way right now. And this pill, birth control, is going in altering the natural process of your body. It may be a lot healthier to change your body naturally instead of changing it with a pill.

Please be aware that those who take birth control long term sometimes have hormonal issues later in their lives and may have problems with pregnancy and diabetes.

Your skin may not be responding to the birth control as it used to because your body chemistry has changed. When you first started taking the birth control it probably worked because it altered your body in such a way that the hormones triggering your acne were interfered with. Do understand though, that most likely, those weren't the only hormones that were altered. And

eventually your body adjusted to compensate for the adjustments with those hormones too.

And when that happened, the birth controls stopped working with your acne.

The important thing to remember here is, if anybody was thinking about using birth control to help their acne, it's a short term solution.

Often times, your body will adjust because it's not exactly... natural. And sometimes, if you're unlucky, it might end up hurting you more than just with acne.

Multivitamin vs. Individual Vitamins

Hello Ray,

I came across your website today after looking on YouTube about Proactiv. I liked what I saw and visited the site. I found everything I needed to know on the site and I had a question or two. I read through the site on everything from kefir to selenium.

**I watch most of your videos on YouTube because I couldn't play them off the website.
But I couldn't figure out all the vitamins, minerals, oils, etc...**

Your video just shows fiber and sorry for spelling... probiotic something that you eat for breakfast. I was expecting like 12 different types of pills to take at morning, dinner, supper. I'm just confused on if buying a vitamin bottle that has all these in one or buy them separate? You were saying doses so I was thinking you can't really higher or lower you doses in a multivitamin bottle if I'm correct.

Thanks a lot I am looking forward to having clear skin.

-Anonymous

Dear HTCYA Reader,

This is common question:

Should I buy a multivitamin or buy vitamins individually?

The great thing about buying vitamins separate allows you to pick and choose how much you want. For example, if you bought a vitamin E and vitamin C separate, you can choose exactly how much of each you wanted to take each day.

However, if you bought a multivitamin, the amounts of each vitamin are already set in the supplement and you can't adjust them. That being said, buying a multivitamin usually is cheaper.

If you can afford it, I would buy vitamins separate because this allows to you choose the quality of each element in the series of vitamins and also the dosage.

All in One Acne Supplement

Dear Ray,

I'm currently suffering a lot of acne problem I have tried the following methods:

- Eating Less chips
- Less sugar
- Less wheat
- Eating more veggies
- Eating Omega 3-6-9 capsules twice a day

I EVEN TRIED Perfect Skin Capsules from Genuine Health Product NOTHING WORKS!!!! NOW I asked my doctor and he gave me antibiotic capsules for a month to try it's been 2 weeks and no improvement!!!! I'm IN NEED OF DEEP HELP; CAN YOU please tell me what to do???

I usually NEVER take capsules and supplements because I don't know what they do to my body, but now I see your blog you have a bucket full of supplements ARE THERE ANY supplements that are ALL IN ONE? I can't buy all of that man. Perfect Skin supplement I researched which contains: Zinc, Vitamin E, Selenium, Chromium and other fish oil thought this was going to be the one for me but NOTHING AT ALL!

I still have acne so bad, scars on my left and right cheeks pimples on my forehead I'm gonna RIP SOMEONE APART.

HELP me out RAY,

-Melissa

Dear HTCYA Reader,

I believe you are asking me:

What should I do if nothing else works?

Are there any all in one supplements?

Let me just tell you, I've been there. Acne sucks.

That being said, first thing is, you got to relax. I now at this point that sounds ridiculous, but stress really does affect your skin. Not directly of course, but indirectly because it compromises your immune system and relates to your hormones which in turn affect your skin.

But, obviously, just because you're calm about it, doesn't mean acne goes "poof gone." First off, don't just eat fewer chips, don't eat chips at all, completely cut out sugar, I mean completely. And stop eating all forms of wheat, bread, pasta, rice, any sort of bread related products.

Don't binge on the alcohol drinking if you're a partier because that will mess up your liver which, as you probably can guess, works back to your face. I'll explain how all this works later but in this email I'll just give you the skinny on what to do because it seems like you're in a pinch right now.

Stop drinking milk. Don't drink juice, too much sugar. Don't eat fruits, too much sugar. I'm not saying don't ever eat any of this stuff, just for now; stop eating these things because they're not helping.

When your situation improves, you can have some of these things in small doses. But more on that later. Stop staying up late, get

good amounts of sleep. Go out and start eating yogurt, this is important, YOGURT. Eat it with your EFAs (omega 3-6-9). Get some multivitamins from Costco and start taking those to start. Don't touch avocados or potatoes. Don't eat shellfish.

That leaves, fish, any kind of salads, fresh vegetables, some soups (no cheese), subway (I eat that a lot, I make an exception with the bread here cuz it's my reward for being strict in other parts of my diet), any kind of meat (chicken, turkey, pork, etc), I'm basically telling you that you HAVE TO stop eating sugar, starch, and breads (rice, pasta, breads, etc...)

Your diet should be 2/3 fresh fruit and fiber, 1/3 cooked stuff. Drink 8 glasses of water a day, spread a part of course doesn't down it all at once. Oh, and stop taking the antibiotics, that'll really mess you up in the long run. You should start seeing some sort of improvement within a month if you follow that.

Good luck, I totally get how you feel, trust me, I used to wish I could just rip off the outer layer of my skin. It's really all about self discipline and will power, if you have what it takes, you can definitely get clear skin. But if you break the rules and don't follow what I tell you, well... then you'll get another pimple. =)

I'm not saying that you'll be fully cured, don't expect that at all because there's much more that I still need to tell you and can't fit it all in one email, but this is a good place to start. oh yeah, and start checking my website regularly cuz I'm gonna start posting videos, I figure it's a lot faster than me having to type everything and I can start showing demonstrations of stuff.

Multivitamin vs. Individual Vitamins (Part 2)

Hi Ray,

Do you recommend taking a multivitamin or getting the supplements individually?? THANKS :)

-Grace

Dear HTCYA Reader,

This is a common question, but none the less, important:

Do you recommend taking multivitamins or individual vitamins?

The great thing about buying a multivitamin is that it has a lot of variety and for an excellent price, you can get a little bit of everything.

You don't want to do much thinking when buying a multivitamin because you let the manufacturers set all the values and daily recommendations for you. And buy popping in one or two little pills, you can get all the nutrients you need in a day. At least that's the belief...

What people don't tell you is the downsides of buying a multivitamin. First off, you can't choose how much of what you're putting into the vitamin. Often times, you'll see a multivitamin with almost 500% of what you need in a day of vitamin C. But you don't need 500% of vitamin C.

Also, you can't specify the quality of each of the elements of the multivitamin because a lot of times it's hard to decipher what kind of quality the manufacturer is putting in the multivitamin for you.

If you were to buy them individually, you can pick and choose the quantity and the quality of each particular element in the multivitamin from vitamin A all the way down the list to zinc and the other minerals.

The downside of buying vitamins and supplements individually is usually the cost. It's a lot more confusing to buy all of them, sometimes it's hard to figure out what you need and what you don't need. And on top of all that, carrying around 10 or 20 different vitamins that you're taking on a daily basis can be inconvenient.

What's my recommendation? If you can afford it, it's worth that little bit of convenience to specify the quantity and quality of each of the vitamins that you're taking. This is your body we're talking about, let's not cut corners. On top of that, if you're worried about carrying around all those vitamins, there are excellent little pill cases that make vitamins a non-hassle.

Of course, the best way to get your daily vitamins is through organic fruits and vegetables. But if you're really going to do through the use of supplementation you may want to think about what best fits you, your lifestyle, and your personality.

It really depends on you, do you not want the hassle of getting all the vitamins individually? Having to do research on each one to make sure that it's of superb quality?

Or would you rather just pay someone extra to have them pick out the vitamins for you and assemble them nicely in a little package that you can take every day. Think about it, it's your body, and it's up to you to make the right choice for you and your skin.

Soft Gels vs. Liquid Supplements

Hey Ray,

I was wondering if I take Omega 3-6-9 balanced pills it would be the same as taking the liquid supplement because I could not find anything else besides the pills? :/ Help??

-Maii

Hello HTCYA Reader,

When you're standing at the vitamin shelf and wondering which to get, this question will probably help:

Which is better, essential fatty acid supplementation in gel form or in liquid form?

If you're trying to decide between EFAs in a soft gel form and EFAs in liquid form, it's better to go with the liquid form. And when I refer to the "liquid" form, I mean the kind in a bottle that you pour out into your salad, kefir, or your food.

The reason why liquid form is better is that it is usually more absorbable than the soft gel form. The soft gel form of a supplement often contains the outer shell which is made from gelatin, made from one of several sources: bovine (beef), porcine (pork), and piscine (fish).

There are also vegetarian soft gels available as well which use vegetables to make the outer shell. This outer shell often must dissolve in the body before the nutrients in the supplement can be absorbed.

With the liquid form of EFAs, you don't have to go through the outer shell, you can get to the "insides" right away. This increases absorption because you want the kefir to really mix in well with your EFAs before you eat them.

Also, it's harder to tell if the soft gels are spoiled or not because you can't access the insides of the soft gel. With the liquid form in the bottle, many times you'll be able to smell it or taste it if something is "off."

This being said, the soft gels do have their convenience too. They are much more transportable and easier to carry around.

It's not always easy lugging a bottle of essential fatty acids around. Sometimes it's much easier to just carry a few soft gels in a little pill case.

So it really depends on your lifestyle, do you travel a lot and need something that's mobile?

Or do you have access to your home most of the time so you don't really need something that's easy to carry around?

I actually have both. This is because sometimes I'll need to travel so I'll take the soft gel forms and sometimes I'll be at home so I'll take the liquid form. Most of the time though, it's preferable to take the liquid form due to increased absorption of EFAs with your kefir.

Essential Fatty Acids

Dear Ray,

Do you really recommend taking EFA thru supplements? Because I eat a lot of wild salmons and I feel like I'm only getting omega-3s and not omega-6. So I was wondering what if you're getting omega-3s, but not omega-6?

-Emmanuel

Hello HTCYA Reader,

Are you asking the following?

Should I get my EFAs through supplements?

What if I'm getting omega-3s only?

If you can manage to get your essential fatty acids through an organic and natural diet, that would be great. And if you don't have to, I don't recommend getting your nutrients through supplementation. I'm not just referring to EFAs, but all vitamins and minerals. If you're able to give your body what it needs through proper diet that would be ideal.

The problem with today's habits and today's foods sold on the market is that it's really hard to get complete nutrients through diet alone.

Food is no longer eaten right after it's picked off the trees thereby leading to decreased nutrition.

Organic food has been replaced by processed and artificial means.

Chemicals, sweeteners, and pesticides poison our foods to a point where they may be hurting you more than helping you. And if that doesn't make it bad enough, multimillion dollar corporations spread marketing and information that makes it difficult for consumers to know what's right and what's wrong.

Therefore, in today's society, it may be difficult to make the right choices when it comes to diet.

However, if you're able to figure it out and really want to receive the majority of your essential fatty acids and nutrients through organic means, you're doing your body a great service.

If you're only able to get omega-3 and not omega-6, you should pay attention to the ratio balance that you're eating. Chances are, if you're eating a diet close to a typical American diet, you're already getting enough omega-6 but not enough omega-3. None the less, pay attention to the ratio, you want a 2:1 ratio of omega-3 to omega-6.

Too much of omega-3 and not enough omega-6 can also lead to the opposite end of the spectrum and cause other health problems.

Primrose Oil & Fish Oil

Dear Ray,

Thx for replying me...but it's kind of too late...my mum has already forced me to seeing the doctor and now on the antibiotics. Luckily it's only a 5-days dosage.

My mum usually cooks fried food (fish, sausage, vegetables)-claiming to be oil-free. But I eat those foods as little as possible and to curb my hunger pangs, I eat plain white bread (0.0).....She also cooks braised chicken and spicy food a lot.

Btw, I thought fruits have vitamins in them. I eat 1 every day. Can I take evening primrose oil and fish oil?

-Anonymous

Dear HTCYA Reader,

You're asking:

Can I take evening primrose and fish oil for my acne?

Lol, it's okay, I took antibiotics for a couple months actually on and off for maybe a total of a year. I still recovered eventually. Your acne will get better for the short term, but it might take a turn for the worse if you keep using antibiotics. The thing you have to know about antibiotics is that it's indiscriminate of killing bacteria. That means it kills the bad acne bacteria but it also kills the good bacteria in your body. And the good bacterium has to be re-implanted with yogurt and yogloo.

Eat oil free stuff, that's good; try to get your mom to make more liang ban (cool mix) kind of food. I'm saying this assuming you're Chinese, Taiwanese. Don't eat white bread when you're hungry, white bread it made from white flour and will aggravate your hunger. White flour, white rice, pasta, any sour dough bread is BAD. Stay away from that stuff. If you're hungry, eat a salad. It's better that you eat something else other than sweets and bread related food.

Chicken is good, but try not to eat so much spicy food because it'll make you sweat, and if you have oily skin it'll make your glands work. You don't want to aggravate your skin if you don't have to. Start taking primrose and fish oil, that's good. Keep taking your vitamins, that's good, but I, personally, don't eat fruits other than berries e.g. blueberries, blackberries, strawberries, etc... And if you do eat them, only eat about one handful per serving otherwise it'll spike your blood sugar and aggravate acne too. Feel free to email back if you have any other questions.

Lecithin

Hi Ray,

I've been doing the regimen for about 3 weeks, with a few (ok more than a few :) cheat meals here and there.

I quit using ProActiv and now I go back and forth between a Clinique product and an organic lavender face wash...so far I haven't had any major breakouts...still some on my chin and forehead, though.

What I wanted to thank you for, in addition to what will hopefully be a clearer face in a few months :), is how much better I feel throughout the day!

No more abdominal pain, no more gas (sorry, but it's true!) - those probiotics are amazing! I can eat more fiber and veggies than I ever could before.

I have more energy and don't feel so sluggish...I think your regimen has taken out what may have been food allergies for me, that I never knew about. Regardless of what this does for my face, the rest of me feels GREAT, so thank you.

Also, I asked a question about the lecithin and the coconut oil...

I'm learning that the cold pressed virgin coconut oil is actually healthy in small amounts (unlike the refined stuff, which is terrible for you), but I still wonder if lecithin is really necessary, given that our liver supposedly produces an adequate amount already.

Perhaps taking the lecithin is just a precautionary thing because we are taking other lipid supplements...what do you think?

Have you tried taking the lecithin out and doing everything else?

-Richelle

Dear HTCYA Reader,

I believe you are asking the following questions:

Do we need to take lecithin supplements?

Have you tried taking out lecithin out of the regimen?

It's probably true that the liver's job is to make adequate amounts of lecithin in order to break down fats. However, that being said, I also think that the reason we have acne is because some of the organs in our bodies are "not" performing as they should be.

So far, there have been no real studies showing that taking supplemental lecithin dramatically increases function, though there also have not been studies showing that not taking lecithin dramatically decreases function either. At this time, it doesn't hurt to take lecithin, though there have been no substantial reports on the long term effects of lecithin supplements.

So to answer your question, you don't have to, but it probably won't hurt if you did.

*To answer your second question, I actually have tried taking certain things out of the *How To Clear Your Acne* regimen and experimented on myself. And what I've found is that it's usually just as effective.*

I think this might have a lot to do with the fact that the rest of my routine is on par too though. I think that lecithin is important to the body, but in this particular scenario regarding the regimen, a lecithin supplement doesn't play as big a role as that of maybe... kefir and essential fatty acids.

That being said, I think it also depends on my body type and how healthy overall I am now. I think that if I had tried before when I just started and was at my worst, it might have been a different story.

But then again, because these are supplements, it's hard to say where the real scientific proof is since the FDA doesn't regulate them. The best thing I can say for you to do now is to try it yourself and record your results for roughly 2-3 weeks.

Coconut Oil

Hi Ray,

I've been reading your website pretty thoroughly for a few weeks and have been taking EFAs, coconut oil, vitamins and cutting down drastically on refined carbs and high-sugar fruits. Thanks for all the great information.

I'm currently in a nutrition class and I'm concerned about the amount of coconut oil you suggest to take - since it has the MOST saturated fat of any oil, are you POSITIVE that eating it regularly is safe? I know they are medium chain fatty acids...but still, I'm concerned.

I'm a 26 yr old female, 125 lbs. w/ a fairly slight frame...and I don't want to clog my little arteries!

-Richelle

Dear HTCYA Reader,

I believe you asking the following questions:

Is the amount of coconut oil you recommend safe to eat?

LoL, cold pressed virgin coconut oil is healthy in small amounts. We actually do need fats in our diet; it just depends on what KIND of fat we eat. Fats are used in the body as an energy source just like carbohydrates.

For example, there are many different types of carbs, and some are healthier than others. There are many different types of fruits, some are healthier than others, and it just depends on your body type. But everyone needs a little bit of fat, the RIGHT kind.

It may be more of a subconscious thing than a logical thing because of all the negative light that's been shined on fats from the media. Therefore, I know what I'm suggesting when I ask my readers to start taking coconut oil with their kefir everyday may incite a little bit of skepticism in most people.

But through my classes, I've also learned that body needs all elements in food. And don't forget, a lot of the food that we eat has little bits of fat (depending on what you eat and what "part" you eat).

Don't worry, I'm not suggesting that you take Trans fats or hydrogenated oil. It's great that you're very self conscious about what you put into your body. You're already 10 steps ahead of the average person. You'll be on your way to clear skin in no time.

Digestive Enzymes

Hi Ray,

I've done some research on lecithin and cannot find any relevant scientific studies about lecithin supplements being beneficial or harmful. Good point that lecithin isn't needed *if* our liver is functioning properly...perhaps mine is not and I suppose it's better to be safe than sorry. An extra dose of phospholipids may not be a terrible thing.

I asked before about the Virgin Coconut Oil - I've done some research on that as well - Seems that the virgin unrefined oil does not raise LDL cholesterol levels (and may lower them), and that this might be attributed to the natural Vitamin E, polyphenols and phytosterols found in cold-pressed unrefined VCO.

This goes against A LOT of mainline nutritional dogma though - which states to stay away from ALL saturated fats most of the time. I'm 5'8" (125 lbs, 26 yrs old) - I worry because like you, I could eat ANYTHING and not gain weight. I've always been this way.

In high school I used to eat spoonfuls of peanut butter to try and gain weight...but that never worked :) It's got me wondering if it's because I'm not absorbing the things I do eat...

One more question, I'm sorry I'm such a pest: regarding digestive enzymes...

- 1.) *What are digestive enzymes?*
- 2.) *How are they important to acne?*
- 3.) *When you eat them, don't those get broken down and rendered useless in our stomach, or do they (like our own digestive enzymes) work best in highly acidic environments?*
- 4.) *Do you take digestive enzymes to break down carbs, proteins or fats, or all three?*
- 5.) *If it's for carbs or fats, how do they survive the HCl and digestive enzymes of the stomach?*

Thanks for all your work and dedication to this blog. We're all very fortunate to be learning from your experience and expertise!

-Richelle

Dear HTCYA Reader,

Your questions to just recap for the readers:

What are digestive enzymes?

How are they important to acne?

When you eat them, don't those get broken down and rendered useless in our stomach, or do they (like our own digestive enzymes) work best in highly acidic environments?

Do you take digestive enzymes to break down carbs, proteins or fats, or all three?

If it's for carbs or fats, how do they survive the HCl and digestive enzymes of the stomach?

Thanks for summarizing those questions for me! It makes my life easier. =)

*These are good questions that are a little bit more advanced in the *How To Clear Your Acne Regimen and Acne Free Diet*.*

Digestive enzymes are what break down our food when we eat them in our bodies. If they aren't working properly, get overloaded with too much work, or if you aren't using them optimally, your food can be improperly digested and this can cause problems. One of those problems may be that your acne may be aggravated.

*Therefore, it's very important that your food is properly used **FOR** you and not used **AGAINST** you.*

Your next question is what happens to the digestive enzymes in the stomach?

Certain digestive enzymes work well in different environments. For example, the enzymes that break down carbohydrates and starches, works well in a non acidic environment and not so well in an acidic environment.

That is why you should chew thoroughly before swallowing when you carbohydrates and starchy foods.

I actually do take carbohydrate, protein, and fat digestive enzymes every now and then when my meal isn't ideal. What I mean is, for example, if I go out and eat with friends, I'm not always able to eat a meal that contains a lot of live and raw vegetables. Sometimes I end up eating foods that are very heavy and contain very little vegetables, if any at all!

It's in these times that I end up taking a digestive enzyme if I can to better help my body deal with the heavy load of food that I just dropped on it.

Your last question, what happens to carbohydrates and fats in the stomach, can be simplified to the following: carbohydrates are broken down through the enzymes in your saliva and then the nutrients are absorbed in your small intestines. But before it is absorbed, it has to pass through your stomach where the acids break it down into smaller parts for easier absorption.

When you eat fats, it also goes through your stomach where it is broken down into smaller pieces. Then the pancreas secretes bile that contains special enzymes which break down fat. After the breakdown of fat via those enzymes, it can be absorbed into the body for energy and nutrients.

Too Many Vitamins

Dear Ray,

My situation: I've bought vitamin E 1000mg, I have a regular multivitamin, and omega 3-6-9 capsules, but it's not helping. I haven't been able to find kefir.

But I'm going to go buy those vitamins that I need.

My question is: do you really take all those vitamins that you mention and show in your videos? I'm always in front people and my acne is bad.

-Anonymous

Dear HTCYA Reader,

So what you're asking is:

Do I really need to take all those vitamins in order to clear my acne?

The truth is that you do not need to take all those vitamins. However, you should be getting proper nutrition for your bodily needs.

What this means is that you don't have to be taking all those vitamins that I've previously mentioned if you are getting them in your normal day to day diet.

Are you eating a healthy and balanced diet?

Are you getting all the nutrients and vitamins that your body needs to heal itself and clear your acne organically through foods?

Do you eat enough fiber, vitamin C, and essential fatty acids on a regular basis to naturally have your body take care of itself?

If not, then you may be limiting the resources that your body has to work with to fight off bad acne bacteria.

Your condition may have a lot to do with the overall condition of your body already. And that's what Step 3, 4, and 5 is in the How To Clear Your Acne regimen. Steps 1 & 2 are more about maintained but 3, 4, and 5 are "heavier" repair.

On top of that, it could be because of a lot factors, what are you using right now, what you have you done in the past (that may

have had long term and last effects on your skin), are you getting enough rest, how stressed are you?

Supplements in vitamin form are just another way for you to give your body what it needs to be “healthy.” If you’re taking good care of your body and giving it the rest it needs, then you may not need to take all those vitamins.

But if you’re eating an unhealthy diet and somehow your body feels shortchanged in deficient, then you may need to look into alternative methods to supply yourself with the proper vitamins, AKA supplements.

Common Acne Questions

The Biggest Sweet Tooth Ever

Dear Ray,

I'm getting on top of it now (slowly) but for like 4 years I've been in a cycle of binging and eating unhealthy foods and then reverting back to eating only healthy foods...so like 3 days on two days kind of thing :P and every time I binge I tell myself it's the last time...and you are right, it never is.

How can I eat less sweets?

OMG this is SO me!! I have the biggest sweet tooth ever...but my mum never buys any desserts or sweet things. So whenever they are in the house I binge eat them, like I'll make a whole tray of brownies (although I can't eat them all) and then feel disgusting...and I like the whole comparative thing....looking good is far more important to me than food - food doesn't make you happy, but looking your best makes you confident :)

-Olivia

Hello HTCYA Reader,

I used to ask myself this question all the time:

How can I eat less sweets to help my body and reduce my acne?

I'm totally with you on the binge eating thing. It took me almost a year of on and off with my sweet tooth. It's not easy to go back and reprogram your eating habits after years and years of doing the same thing. Especially when it comes to sweets, it's extra difficult sometimes.

An interesting psychological side note is that when some people think about a "sweet tooth," they almost imagine an actual tooth in their mouth specifically responsible for wanting to eat all the desserts, candy, ice cream, chocolate, etc...

That's why I think it can be kind of misleading to call it a "sweet tooth." People can subconsciously almost divert guilt because they can subvert responsibility over to this tooth that's wanting to eat sugar. You may want to ask yourself, "Do I ever think, 'Oh.... I can't help it?'"

Sometimes it may be easier not to accept responsibility or take blame when something like this happens. When in reality, it may be us who are really unable to control ourselves.

On a grander scale, I think our society has somehow fallen more so into a mentality of short term thinking, instant gratification, self indulgence than of long term thinking, diligence & patience, and discipline.

And I think that may be hurting us more than helping us. It's more about what tastes good than what is good for us. People would much rather buy pizza, pasta and lasagna than eat a plate of salad with low sodium and low fat dressing.

And even if they do eat that plate of salad, often times they looking for ways to sweeten up the salad or add sugary sides to it.

So I don't think it's the Western Diet, I think it has a lot more to do with our mentality. We need to learn how to balance. And hopefully, we learn it soon.

Humid & Hot Environments

Hey Ray,

I have moderate chin cystic breakouts that might consists of one or two bumps every other week or so. Some weeks I'll be perfectly clear, while other weeks I will get many flare ups. Most of them are on my chin even though my T-zone is quite oily.

My cheeks are dry but I use a moisturizer consisting of jojoba oil and Cetaphil, which works fine.... anyways my question for you is, when I went to south east Asia I had clear skin for an entire month and I stuck with my regimen and didn't take any EFA vitamins and went longer in between washings (twice a day- sometimes only once a day due to lack of access).

How is it that the humidity, heat, and harsher diet not make me break out? I would go from the heat outside to chilly air conditioners and sweat like crazy in the sun- but upon returning, and utilizing the same regimen, I am breaking out in the same manner as if I hadn't left. I also moisturize my T-zone area and use Tretinoin and Clindamycin only on my chin.

I tried going off it and it was a big mistake, though it's not working as effectively as I'd hope. I am trying to line up all possibilities of why I am breaking out in So Cal, but not in Asia, and the only possible reason is the humidity levels and skin dryness?

Thanks

-Kyle

Hello HTCYA Reader,

I believe you are asking:

How do humidity, heat, and a harsher diet affect acne?

Is there a difference between living in a less humid environment, like California, and a more humid environment, like China, and how does that influence my acne?

If you're suffering from acne, humidity, heat, and a harsher diet can definitely aggravate your acne. This is because humidity and heat generally cause people to sweat, and if their pores are already clogged, this may lead to inflammation and infection which leads to a pimple.

A "harsher" diet, which I'm assuming you mean a diet that's not similar to that of the [How To Clear Your Acne Regimen](#), can definitely negatively influence your skin because it upsets your hormonal balance and further stresses your body.

However, you also mention that you're still breaking out in the same manner whether or not you're sweating outside in the heat or inside a cool, air conditioned environment. And you're wondering why it doesn't matter where you are, you're still breaking out. As a matter of fact, you're probably even more confused because you're thinking that you should be breaking out in China where it's humid and hot while not breaking out in California where it's cooler. Yet, for some reason you actually suffer from acne more in an environment where you shouldn't be.

This may be a confusion situation. But I can definitely help ease your mind that don't worry, your skin isn't crazy =).

As a matter of fact, you're probably still breaking out because acne generally comes from factors on the inside of your body. Therefore, while humidity and heat can seem like to worsen your acne, it actually plays a much smaller role. Therefore, if you can get your body to a point where acne free on the "inside" then environment really won't play much of a part in causing break outs.

So why is it that you were breaking out in California but not in China? Chances are that it had a lot to do with the different kind of diets you were ingesting while in these different locations. Because these two cultures are vastly different in believes, religion, clothing, and especially food, you were feeding your body two sources of nutrients.

When you were in California, you were probably eating foods pumped with lots of omega-6. There was probably a lot more processed foods and an slight emphasis on empty carbohydrates and protein. When you were in China, there was probably more seafood, foods cooked in heavy oil, noodles, and vegetables.

Of course, what you eat depends on your food preferences, what region of China you were staying at, and many other factors. However, you were most likely getting two very different diets and therefore getting two very different sets of nutrients. And one diet was conducive to acne while the other diet was not. I'm not saying that external environment doesn't matter, what I'm saying is that is diet plays a much heavier role.

So be careful of what you eat. What you put into your body will affect what comes out. If you put in the bad stuff, be prepared to

have some interesting things happen. But if you put in what your body needs and wants, be prepared for some amazing results.

Cetaphil Face Wash

Hi Ray,

I having been using ProActiv for roughly three years and I honestly haven't found too much success. One week my acne will be great and then the following it will be terrible. I am 22 years old and I have tried a bunch of products and I have gone to the dermatologists a couple of times.

When I would go to the dermatologists I felt as if I was a guinea pig and the doctors were trying different products demonstrating a trial and error type of practice. I watched two of your videos (ProActiv Doesn't Work...and How I Was My Face) and you seem to know your stuff. I saw you use Cetaphil.

Is that the only thing you use? I am starting to read your blog but I figured I would contact you for some help.

Thank you for your time.

-Anonymous

Dear HTCYA Reader,

To answer your question of:

Is Cetaphil the only thing to use to take care of your face when you have acne?

I used to use a lot of facial products, aloe vera, moisturizers, masks and the list continues. But as I cleared my body from the inside, I found that I needed to use less products on the outside.

These days, the only thing that I use is a light skin cleanser. It doesn't have to be a particular brand, it just has to work for you. The one that I happen to be using now at the time of writing this is Cetaphil, which is a light facial wash that works without drying out my skin.

The important thing to really focus on though is clearing your body from the inside.

Back & Chest Acne

Hey Ray, how's it going?

This is a very fine website that you have and I am very convinced of what you have to offer. I have a question: did you ever have problems with back and chest acne?

Will the info given here help with that? I would think so, but I am just checking to make sure. Is there anything else you would recommend for back and chest acne that you haven't already mentioned on here?

Thank-you! =)

-Anonymous

Dear HTCYA Reader,

To make sure I have your questions right, you're asking:

Have you, Ray, ever had problems with back acne and chest acne?

Will the How To Clear Your Acne Regimen help with back and chest acne?

Do you have any other recommendations for chest and back acne?

I had a little bit of back and chest acne. But it's very little and most if it was on my face. I know that where you get acne reflects where, in your body, that you may be having trouble with. None the less, acne is a symptom and your body's way of telling you that you need to start treating it better.

For some people, acne could manifest itself on the face and for others, it could appear on the chest or back. All in all, it is my believe that having acne anywhere usually has to do with the fact that the acne sufferer is not taking care of his or her body in some way. There is something wrong, whether that person was born with it or developed it over time, their bodies are trying to warn them through the symptom of acne.

The How To Clear Your Acne Regimen will definitely help with acne whether it be on your chest, back, arms, or face.

Reducing Acne Scars

Hi Ray,

I'm Chinese and I think I'm having the same problems as you've had last time.

Could you at least guide me on the right path because I'm feeling really lost right now and I'm heading to college in 2 weeks. Are there any quick methods on how to reduce my scars?

I'm quite desperate right now. My mum seems to want to take me to see a doctor for prescription of antibiotics later but according to your blog, you taught that it's a bad idea.

HELP ME!!

-Mary

Dear HTCYA Reader,

Just to recap, what you're asking is:

Are there any quick methods on reducing acne scarring?

Whatever you do, don't start taking antibiotics. Just so you know, you need to be realistic, you're not going to completely clear your acne in two weeks before college, but you can definitely make a dramatic change.

If you really wanted to, you could take antibiotics for a short fix, but in the long run, probably after a month and a half, things might get even worse so you'll be like 4 weeks into college and have even more acne.

Okay, I'll tell you what to do for the next 2 weeks, go to your local GNC store or vitamin store and get some EFAs, then go to Ralphs and buy some Probiotic Kefir (plain flavor).

Eat those two together during lunch. Stop eating bad stuff. Completely, no sugar, no white flour, stop eating bread (just for now), stop eating fruit. If you can follow these instructions, you can and will dramatically transform your skin in the next couple of weeks in time for college.

Fade Facial Scars & Pore Marks

Hey Ray,

Since the few weeks back I started your regimen, things have been going well. I didn't break out except for 1 or 2 pimples here and there (from breaking the healthy habit because of sugar craving). I've been taking kefir mixing it with coconut oil and taking it with lecithin and the EFAs + taking the other vitamins.

So far so good, I've noticed that as my face gets healthier it's beginning to contrast against my previous acne scars and pore marks and makes them more noticeable if that makes sense. Is there anything else I can do to help fade my facial scars and pore marks? As of now, I'm just waiting it out with a healthier diet and consistent pill-taking.

-Chris

Dear HTCYA Reader,

Just to make sure I got your questions right:

What can I do to help fade my acne scars and shrink my pores?

In order to help your body with acne scars and pore marks you can do that's simple and convenient: exfoliate.

By exfoliating, you'll help your body shed the excess skin off faster and allow new skin to grow. You'll want to exfoliate maybe 2-3 times a week until your satisfied with the results. Try to exfoliate at least once a week in the future to make sure you're helping your face cycle through new and old skin.

Exfoliating

Hi Ray,

Thanks for a great and detailed article on how to treat acne scars. You really did an incredible job. After cutting down on milk, sugar, carbs, sodium and soft drinks (including coke zero) plus eating more fibers, yogurt, drinking green tea and get more sleep, my acne problem has really improved.

I still got 1-2 new cystic pimples every 2-3 weeks, but I don't think there is anything more that I can do. These cystic pimples take around 2 weeks to heal (I put on 2.5% benzoyl peroxide cream every night) but the scars will stay there for months. So I am really trying to find good products to help fade the scars. Suggestions?

Which exfoliating ingredient (AHA, BHA or others) do you recommend ? How about skin whitening ingredient (Hydroquinone, Kojic acid or others)? I really want to find exfoliating and skin whitening products to help fade my acne scars.

Thanks for everything,

-Chris

Hello HTCYA Reader,

From what I understand, you are asking:

I'm still breaking out a little bit, what should I do?

What exfoliating agent do you recommend?

Do you recommend whitening agents?

I think you're on the right track. Exfoliating is the process of removing dead skin cells on the surface of your skin, in this case your face. Therefore, it's important that your body be exfoliating on a regular basis. And if you already have acne, chances are that your skin may not be exfoliating as it should. So what should you do?

Give it a hand and help exfoliate!

Exfoliating on a regular basis can help improve collagen production, increase skin's ability to hold moisture, and allows your pores to function properly. As far as recommending which exfoliating method to use, it depends on your skin type and situation.

AHA exfoliating agents are preferred for skin that is sun-damaged and dry skin because it removes dead skin cells on the surface and also helps to improve the moisture retaining ability of your skin cells.

BHA exfoliating ingredients are said to be better for those people who have oily, acne-prone skin and for treating blackheads and white bumps.

Another ingredient that you might look for in an exfoliating agent is salicylic acid which is a mild antibiotic quality that helps fight acne and skin bacteria.

The logical choice for those that have acne seems to be BHA because it's targeted towards those who have acne prone skin. However, as far as which one I recommend, I recommend concentrating on which is best for your particular type of skin and what works for you. If I were you, I would start off with AHA and BHA. I wouldn't concentrate as heavily with washes or exfoliants that contain as much salicylic acid because I don't want to strengthen the skin bacteria over time.

I would experiment with both BHA and AHA. See which one works for you after 2-3 weeks, then alternate. If one works better for you, stick with that one. If you can't tell or the results look about even, then it's perfectly fine to rotate every week. And if it's hard to tell the difference, don't forget to document your results! Don't be afraid to take a before and after picture week by week. Trust me, it'll make your life a whole lot easier. That extra five minutes to take a picture will save you tons of headaches down the road when you're trying to think back about which one was better.

When it comes to whitening, I actually don't recommend that you focus on a whitening agent. I actually used to use whitening because I wanted to get rid of my scars quickly but now I find that I don't need it.

I know you want your scars to fade quickly but keep in mind that if you're doing things correctly, you won't be breaking out anymore. The blemishes and brown marks that you have on your face will fade back to normal within a couple of weeks and that

will be it. If everything is done correctly, this should be the last time that you have a break out.

That being said, if you still really want to look for a good whitening agent, there are many different products out there that are quality products. The important thing to remember is these principles:

- 1.) Go for quality and safe ingredients*
- 2.) Stay away from Hydroquinone*
- 3.) Organic and natural are preferred*
- 4.) Non pore clogging & non comedogenic*
- 5.) Fewer chemical agents the better*

Remember to pay attention to your skin and don't exfoliate too much though because you can end up aggravating your skin more than helping it.

Rosacea & Rosy Cheeks

Hi, Ray

I wanted to know if you had any time to give me some advice.

I've been taking fish oil supplements for about 3 weeks along with milk thistle which I was already taking. I've actually seen some improvements in my oiliness and spots around my forehead and chin. But oh dear, my cheeks? They haven't budged.

I'm 13 and have suffered from acne for about half a year? I know, it doesn't sound like very long at all but I want to get rid of it as early as possible, I don't see the point in waiting around. Anyway, my cheeks used to be oh-so-beautiful, not inflamed, red, and covered with papules like they are now. It really affects my confidence.

I also have sensitive skin, and I've been using some salicylic stuff (2%?) For quite a while, haven't seen any improvement with that.

I wanted to know, is it possible to suffer from Rosacea at such an early age? My cheeks don't itch or burn, they're just usually very warm and give off a red glow. I thought it might be hereditary, but I've looked at both my parents & my siblings who have grown out of acne and none of them look like they could have Rosacea. I'm kind of worried if I do have Rosacea, since it only gets WORSE with age. :S Is it even possible to suffer from Rosacea AND acne vulgaris at the same time? Also, I've never seen any blackheads (only faint grey dots on my nose) but I've got plenty of whiteheads to go around.

My dad said he used to eat 5 oranges a day and it really helped him clear up his acne, :S, should I just wait it out? I mean, it'll have to go away eventually, right?

I've been really careful on my diet too, you see, I used to eat all the junk in the world since It would be virtually impossible for me to gain any weight at all! But now I'm being really careful with what I eat since of my skin condition. Also, could the red cheeks be caused by something that I'm eating? This will sound silly but I've seen one of my biggest triggers for red cheeks has been sitting in front of the heater :) Are there any foods that cause red cheeks?

If you can help me or at least reply, please do.

kind regards,

-Rachel.

BTW I love your site and understanding acne has really helped me.

Thank you! =

Hello HTCYA Reader,

I believe you're asking the following:

How are their improvements on my forehead and chin but not my cheeks?

Is it possible to suffer from Rosacea at an early age?

Is it possible to suffer from Rosacea and Acne Vulgaris at the same time?

Should I eat 5 oranges a day like how my dad cleared up his acne?

Will acne eventually go away by itself?

What causes red cheeks?

There may be improvements on your forehead and chin because it falls into the area of your T-Zone. If you improve your diet and give your body what it needs to do its job, your skin oils may start balancing out. When this happens, you may notice the improvement in areas where most people have the most amount of oil on their face, the T-Zone.

You may not have noticed as much improvement on your cheeks because...

- 1.) you are just starting out or*
- 2.) your changing hormones are stronger than the help of the nutrients for the time being*
- 3.) you may be doing something wrong in the regimen*
- 4.) allergic reaction*
- 5.) an external factor is causing it.*

There may be many reasons, it may be just a few of them, or it could be something else. My job in my How To Clear Your Acne consultation sessions is to help you find out what the solution is to your problem if you're still having acne problems after the regimen or if you need help during the regimen.

For now, it's very difficult to say why exactly why you're having a certain reaction because the information I'm given is slightly limited.

Rosacea usually affects adults between the ages of 30 and 60. Most likely, because you're only 13 years old, your body is going to be going through a lot of changes within the next few years. What you're experiencing could be Rosacea or it could be just regular teenage acne. What's important to remember though is that imbalanced hormones during these years can manifest themselves and show up in your body in many ways. Just because you're a certain age doesn't mean it won't happen to you.

It is possible to suffer from Rosacea and Acne Vulgaris at the same time. Though if you are suffering from both, it may be hard to decipher which one from only looking at your face.

I don't think you should be eating 5 oranges a day by the way like your father, that's way too much sugar. Oranges are a great source of vitamin C but because there's also a lot of sugar, you'll end up aggravating your acne. I'm not saying that oranges are bad for everyone and that you can never eat oranges again. However, until you clear up your acne, you should stay away from oranges. Plus, there are lots of other fruits that are great sources of vitamin C that are much lower in sugar such as bell peppers, parsley, tomatoes, strawberries, asparagus, and celery are some, just to name a few.

That's great that you're stopping with the junk food. But remember to get adequate amounts of calories and nutrients because you're still growing. Limiting intake of food at this age would actually end up hurting you more in the long run so be healthy but don't starve yourself.

Acne may or may not go away by itself. What I mean by this is that your body is constantly changing as your age. As you become a teenager, your body grows several times in size. As you reach adulthood, your body changes again. As you progress into your 20s, your body will change again.

The body doesn't just reach a point and stay the same, it's constantly changing. And what happens when these changes occur? Chemicals, lengthening of limbs, organ function, etc... Essentially, when your body changes, so does your body chemistry. So your acne could eventually go away.

However, chances are, if your acne just magically "goes away," you probably didn't really solve the problem that your body is experiencing. The problem may just have moved elsewhere now that your entire body chemistry is different. This could be better or it could be worse.

With many people, acne never goes away. This could be a good or a bad thing too because on the positive side, the problem didn't become worse but on the negative side, you still have to deal with the problem, with it being on your face.

What could potentially be causing the problem of red cheeks could have a lot more to do with your acne than sitting in front of the heater. Though, I do think that anybody sitting in front of the heater would have red cheeks, I don't think that it's the sole cause

of red cheeks. It probably has a lot more to do with your body chemistry changing and your body not being able to manage your hormones during this time. In order to better help the situation, I highly recommend that you eat a balanced diet and get those nutrients you need. In the How To Clear Your Acne Regimen, I talk about those vital things that acne sufferers need in order to prevent acne from continuing to “pop up.”

What’s great is that you're getting a head start on taking care of your body. And that's why you also have a great head start on the rest of us.

If you start taking care of you body early, you won't have to deal with what happens "after" you get acne because you can try and completely avoid getting terrible acne before it even happens.

Working Out

Hi Ray

I have been doing this just over a month now including improving my diet which now mainly consists of vegetables, eggs, different types of beans, fruit (low sugar) such as pears, meat (organic chicken) and fish.

I have excluded all sugar and bread from my diet.

What I am finding is that I'm rapidly losing weight on this regimen although I can see improvement in my acne. I am not overweight or anything but I don't want to lose any more weight - any suggestions on how I can do this?

I used to be fairly toned a couple of years ago but had to give up weight training as it was causing me to break out every time I lifted a few weights. Can you explain why this would be, is this due to increased hormones being released - any advice on how I can start weight training again without breaking out?

(BTW I'm 31 years of age, male (Asian Indian) living in the UK)

Many Thanks,

-Amandeep

Hello HTCYA Reader,

From my understanding, what you're asking is:

How can I maintain my weight while on the Acne Free Diet?

Does working out affect acne?

How can I start weight training without breaking out?

Maintaining your weight while on the Acne Free Diet can be hard for some people because the first step of the regimen, where you're going to be taking essential fatty acids, causes your body to naturally become leaner.

Therefore, for those of you who, unlike most of the rest of the American population, don't want to lose weight this may be an undesirable outcome.

My best suggestion if you're working out and you want to maintain "mass" while on the Acne Free Diet is to continue working out the best you can to keep your mass, add a little bit of carbohydrates here and there, and try to get through the regimen the best you can so that you can return to as "normal" of a diet as possible after you finish the regimen.

Does working out affect acne?

Working out will affect your acne. Sometimes it may affect your acne negative and sometimes it may actually help. This depends on how much you work out, how you work out, how your body reacts to the work out, where you body currently is in regards to health, and a number of other factors.

When you work out, your body produces testosterone, adrenaline, endorphins, serotonin, dopamine, and other chemicals to aid you in exercise. And if your hormones aren't completely balanced or your body is imbalanced in some way, you can bet that something might go wrong when you stimulate chemical secretion and work out.

You can solve this problem of weight training without breaking out by getting your body in balance when it comes to acne. The best thing to do is to heal your body from the inside by following the 5 steps that I teach in the How To Clear Your Acne Regimen.

This is because when you balance your body from the inside, it becomes strong and able to handle these chemicals that are stimulated during working out. When you have your body in control from the inside, your body won't have a hormonal meltdown every time you start exercising and testosterone is secreted.

That's an important concept that most people don't think about. They look at themselves and because they have a lot of muscles, they think that they have to be healthy.

But just because you have larger muscles, it doesn't mean that you're healthy. It just means that you have large muscles. The body isn't just biceps, thighs and chest, it's also your kidney, your liver, your small intestines, your large intestines, your bladder, your heart, your lungs, your nervous system, etc... How do you work those out?

We all know how to make your chest stronger. Some do push-ups, other people do bench presses, some use weighted cables.

But how do you work out your stomach?

How do you make an organ stronger?

How do you make your body strong from the inside, strong enough to fight off acne bacteria and infections? That's what the How To Clear Your Acne Regimen is designed to do.

Essentially, I teach you all about strengthening your body from the inside, specially targeting acne. You'll be able to have a stronger stomach, stronger liver, and stronger health.

We'll also build up your immune system to fight off not only acne bacteria, but other diseases and infections that cause normal people get sick. You'll have brighter eyes, stronger hair, more energy, AND clearer skin. The Acne Free Diet from How to Clear Your Acne is about really clearing your acne.

Trying to Gain Weight

Hi ray =]

In your article you mention that this diet can actually help you lose weight but the thing is that at the moment I'm trying to gain weight...I really don't want to lose weight. Can you help me please?

-fr3style

Dear HTCYA Reader,

I have this problem too sometimes:

How do I maintain weight and not lose weight while on the Acne Free Diet?

I can totally relate on this one. I have trouble gaining weight too. But I also think that your goal of wanting to gain weight bulk up to look more muscular is somewhat irregular from the perspective of our bodies too.

Confused?

Look at it this way.

Our bodies are designed to be a certain shape. Every naturally has a different shape. And if everyone did the same exercise, they would still end up in different shapes and sizes.

For us to want to push our bodies to become the ideal version of an American body builder is unnatural already. The average person doesn't have a body like that naturally. In fact, it takes a lot of time and work to get to that point.

But if you still want to get there, I find that working out consistently helps a lot. For me, personally, if I don't work out, then I end up losing weight.

I understand that my normal state, when I'm not constantly putting my body under the stress of heavy weights, is naturally smaller and skinnier than what I am at now.

This is entirely normal because when I'm not working out, my body only has to lift a certain weight to walk or get up. However, when I'm working out consistently, I sort of trick my body into thinking that I have to lift 100-200 pounds all the time. Therefore, it's forced to get bigger.

This is just the way my body is designed.

My point here is that not all bodies are designed to be American bodybuilders. However, even if your body is naturally thinner, you can get closer to becoming a bodybuilder if you work out constantly and "trick" your body into thinking it has to be bigger and stronger.

Rain

Hey Ray,

Thanks For The Reply.

Could you help me with something?

I want to know, if rain causes pimples? :/

Because I've heard people say this and now I'm afraid to go out into the rain! haha :D

Thank you.

Tony.

Hello HTCYA Reader,

This is something that I used to wonder:

Does rain cause acne?

This stems back to a worry that a lot of have thought about when we first started breaking out with acne. And that thought is whether or not dirt can actually cause acne.

The truth is the if you have acne, dirty rain from the sky can end up aggravating your acne. However, do remember that it's not the rain that's causing your acne but that you already have a preexisting acne condition and rain is just making it worse. If you don't have all the other factors that cause acne, if you get rained on, you're not going to suddenly start breaking out.

What we should really focus on is clearing acne from the inside. Once this is done, rain or no rain, your acne will not be affected.

So to answer this question, don't worry, rain doesn't cause pimples.

If you do have acne and get rained on though, don't panic, just lightly rinse your face to remove any dirt or bacteria and you'll be fine. And if you really want to make sure the rain doesn't affect your acne, focus on the Acne Free Diet and the How To Clear Your Acne Regimen.

When you're strong on the inside, rain or shine, you're going to have acne free skin!

Loopholes

Hey Ray,

Nice to see the new site up man! It's cool what you are doing to help people with their acne and more importantly their health.

I had acne for over ten years as well and when you're in your mid twenties and it's getting worse, you know something is wrong. It took months and months for me to clear my face but I did. I had to adjust my regimen along the way and your knowledge really helped.

Can I actually cheat on my diet occasionally without breaking out?

This is the best site I've found on acne and understanding how to clear it.

Thank you for your help man.

-Anonymous

Hello HTCYA Reader,

It's always interesting when someone asks me what are the loopholes of the How To Clear Your Acne Regimen. I believe you're asking:

Can I cheat once in a while without breaking out when I'm on the How To Clear Your Acne Regimen?

You absolutely can “cheat” once in a while without breaking out!

In the How To Clear Your Acne Regimen and Acne Free Diet, it's not about having to follow the rules strictly and to the “T.”

It's about understanding the foundational principles of our body and following those principles so that the body can be healthy. But nowhere is it written that if you have a little candy bar or some of your favorite pasta once in a while that you're going to ruin the whole thing.

What's important to remember is the bigger picture, it's not about one or two particular meals that you might have. It's about what you're eating the other days of the week.

It's about what your diet is like the majority of the time. Luckily for you, this isn't like high school where everyone's goal was to get 100%. Sure, you could aim for 100% and that would be great to get an A+. However, in reality, it's not easy to be perfect when it comes to eating and food. So even if you have 85% or 87%, you're doing great!

Feel free to have that snack that you love once in a while, if it keeps you on track and not going crazy to snack on something every now and then, you have my permission!

Candida: The Culprit

Hi Ray,

What do you reckon, Ray, would you say Candida is the main culprit responsible for acne? I know a little about sugar, spiking blood sugar levels & rising insulin levels. I'm also aware of insulin resistance. I'm not sure if I would have that, though.

I look forward to your reply.

Cheers,

- Joe

Hello HTCYA Reader,

What you're asking is:

Is Candida the main villain behind the cause of acne?

I wouldn't say that Candida is the main culprit. I would say that Candida and other infections may play a large part in acne, but it's probably not the supreme villain behind the scenes.

I think that most people want to link it all back to just one main cause so they can focus all their strength on destroying this evil antagonist and be gone of this terrible dilemma.

The mentality of wanting to take one pill to solve our problems, defeat one bad guy to save the day, and get the one surgery that will help them become slim and attractive may be hurting our society more than helping it. It's the "instant gratification" mentality and in America, I think we have a lot of it.

In reality, most problems are usually created from many factors. For example, a lot of women have hormonal problems not because they were just "born" that way.

It's usually because they were born with certain genetic predispositions, they then exposed themselves to a certain environment, and on top of those factors they also maintained a diet that hurt their bodies and hormones more than helped them.

If you take all these factors and all the things they've done, in the end, you now have a woman diagnosed with a hormonal issue. But that's just an example.

*I wish life were easier. I wish that we could say, "Oh, here's the problem" and then *snip**

...problem solved.

I wish it were that easy.

Unfortunately, life is more complicated than that.

And chances are, if you have acne, it's a combination of your genetics, of the environment you've surrounded yourself with (or stuck with), and the food that you've been putting in your mouth. And my job is to help you change all that so that you can finally figure out how you can have clear skin.

Well... except the genetics part =).

Returning Back to “Normal” Again & Acne Scars

Dear Ray,

I get my acne from certain foods. However, when I eat right my face is cleared up.

Is there a point where my insides are optimized enough (after cleansing the organs, getting rid of parasites and candida, metal toxicity...) that I can eat whatever I want without worrying about this? Also, will being fully healed heal indented/pitted scars on my face from the acne?

Thanks.

-Moshe

Hello HTCYA Reader,

From what I understand, you're asking:

Will I ever be able to return to eating whatever I want?

Will being cleared of acne also heal the indented and pit scars on my face?

Yes, eventually you will be able to go back to “regular” eating again. While on the Acne Free Diet, you'll have to eat a lot more fresh fruits and vegetables while limiting your intake of bad foods. So if you're talking about going back to eating “normal” again, I hope you don't mean... the typical American diet? Or go back to eating the foods that... may have caused you acne... in the first place?

I hate to say it but those of us who have suffered and are suffering from acne, our bodies react in a certain way when it notices that something is wrong.

For some people, when their diets are off, they gain weight. For other people, when their diets are off, they get sick. For some people, it's a little more serious like disease or even cancer. For us, somehow we got to this point, and now our bodies are trying to tell us that something is wrong through the emergence of acne.

If someone who continues to smoke for years suddenly is diagnosed with lung cancer, should they continue smoking if they are somehow cured? If an obese person gets surgery and loses a lot of weight, should they go back to their original eating habits just because they're now thinner?

When you're on the How To Clear Your Acne Diet, you're acne will clear. And you'll be faced with a similar question: when

your acne clears, do you go back to the way you were that might've gotten you into this situation?

You can, but it's not recommended.

This is not to say that you'll forever be stuck eating a strict vegetarian diet with only organic foods and tofu your entire life. You'll have a lot more leeway and a lot more flexibility with food after you clear yourself of acne, but hopefully you don't run wild with that kind of freedom and get yourself into trouble again...

In terms of scarring, it usually takes a couple years before your body is healed to a point where you're close to optimal health again.

Just imagine this: if you were 18 and you just started eating right for a month or so, you might see considerable differences in your health.

But remember that 18 of those years before this month of good eating, your diet might have not been optimal to your health. At the very least, allow your body and its organs ample time to heal. Roughly around 6 months to a 1 year is normal.

And if that seems like too long to you, just remember that sport injuries or more serious fractures take the body longer to heal than normal scars.

What Should I Eat?

Hello Ray,

I am an acne sufferer and would greatly appreciate if you can answer some questions I have about your regimen.

I would love to meet up with you but I live thousands of miles away and that's just not going to happen.

It's obvious to me that you are very passionate and enjoy helping people. I know you wouldn't ask for money if I wanted a few questions answered. However, if you answer this email and a few more questions that I have I would gladly make a healthy donation to your website.

Your whole regimen seems a little overwhelming to me. Could you simplify it for me?

Correct me if I am wrong...

Every day I have to take...

- **A multivitamin**
- **Fish oil**
- **flax seed oil**
- **coconut oil**
- **fiber**
- **Digestive enzymes (for when I eat meat or processed foods that don't contain them?)**
- **Acidophilus (my pro biotic to supply me with good bacteria)**
- **And maintain a healthy diet of fresh foods...severely limit processed foods**

If that is what you recommend ...my next question is ...at what times of the day should I take each one of the supplements? What ones do I take at the same meal? What ones if any should be taken on an empty stomach...

One last thing, I'm very confused about the Kefir you mentioned?

I probably cannot obtain the stuff you use...You said it was difficult to get?

Can you just give me a brief explanation of how to make it using soy milk or whatever?

I know I'm being a pain right now...

I can't thank you enough. You are a great human being. I greatly appreciate that you are helping people with acne even though you have none now.

-J V

Dear HTCYA Reader,

I believe you are asking the following questions:

Could you simplify the regimen for me?

What time should I take the Supplement?

What should I take at the same meal?

What should I take on an empty stomach?

Can you tell me about Kefir?

How difficult is to get the kefir materials?

Can I use soy milk to milk?

The regimen “simplified” is getting the body to healthy point through the Acne Free Diet. Then, killing the yeast infections and acne bacteria via a detox cleanse and various herbs. Finally, repairing the GI tract and liver through various herbs, cleanses, and procedures.

For more details, feel free to visit my website www.Howtoclearyouracne.com to find out more about where you can get the How To Clear Your Acne DVD, CD, or Regimen books. There’s simply too much detail to really put it all in this one response. For me to do so would be oversimplifying and downplaying all the details that go into this regimen.

In regards to when you should take your supplements, take the bulk of your supplements during lunch. I’d say 2/3 of your vitamins should be taken during lunch and 1/3 before dinner. Take most of your supplements with your meal. The supplements that you can take on an empty stomach are magnesium or fiber.

Kefir is one of the big players in this game. It's not going to make or break whether you clear your acne or not. But it's going to really help better absorb the essential fatty acids that you should be incorporating into your diet.

Sure, you don't necessarily have to eat kefir to absorb those essential fatty acids, but if you did, you not only would be reaping the benefits of those oils, you would also be reaping the benefits of kefir. What's great about kefir is that it does more than just plain yogurt. It does more than just give you good bacteria. It also creates an environment that is suitable for that good bacteria to live. Therefore, it serves multiple functions over that of regular yogurt.

It's not difficult to get the materials for kefir. What you need is the strainer, a wooden spoon, jars to keep the kefir in, the kefir grains, and some sort of milk or substance that the kefir will feed off of. The hardest thing among that list is probably the kefir grains which can be purchased online usually.

The important thing to remember though is the quality of the kefir grains. Just like you can always buy a plant at the grocery store, it doesn't mean you'll get a healthy one. There are many different breeds of plants, some are healthier than others, some are good strains that will produce good products, and some will just die.

You can use soy milk for kefir or regular milk. The choice is yours. Experiment with your strain of kefir to see what brings you the best results, not only for your kefir, but also for your own body and skin.

Afterword

Hi, I'm Ray and I'm currently studying for my Master's degree in Nutrition and Dietetics.

For more than 10 years, I've suffered from, battled and eventually cured my acne myself. I've tried everything from ProActiv, creams, antibiotics, herbs, and even flying out to a foreign country to visit a famous dermatologist. Nothing worked. You can imagine the devastation I felt in my heart... and in my pockets.

For me, suffering from acne was not an easy thing.

I remember when I used to have acne on my face. When I woke up every day, the first thing I used to do is walk into the bathroom and check out my face.

Did I have a new pimple? Did my face look better? How red was my face? Did the new product or method that I was trying work?

It would often fluctuate, sometimes I would be very curious about whether or not my face improved and other times I would try to avoid looking in the mirror as long as possible because I just didn't want to be reminded of how disgusting I thought I looked.

I was just so tired of being constantly reminded that I had imperfections on my face. I was tired and I wanted it to end. I would do anything for it to end. I was desperate to move on with this part of my life.

At that time, I would've given just about anything for the answer to clear my acne.

And it wasn't an easy path, but I've finally gotten to where I've wanted to go so many years ago. I finally have clear skin and have found the solution.

Indeed, it did take quite a bit of time, effort, and energy for me to get the clear skin that I wanted. But it was worth it.

By this point, you've probably suffered more than just from acne, but probably your self image and confidence has suffered also. I know you want to get this "issue" handled with soon and quickly. I've been in your shoes, and I'm glad you've made the choice to find someone you can "communicate" with and who "knows" what you're talking about.

That's why I created www.HowToClearYourAcne.com & www.MyAcneCoach.com . These websites contain more than 10 years experience of articles, pictures, videos, reviews and anything that you could ask for on how I cleared my acne, things that I tried that didn't work, and how to clear your acne.

Good luck on your journey. I promise that you'll get there eventually. I'm making it my personal mission to help you get the clear skin that you deserve and it'll feel good to move on pass this part in your life.

About the Author

I guess when you've tried everything else, you understand that most "quick fixes" are one more way to suck your pockets dry and not give you any results. But I think the one thing that I was most tired of was that sinking feeling I got deep in my chest every time I realized that "this" wasn't working.



One day, I said to myself, "I will do whatever it takes to clear my skin." I think it was about then that things began to turn around. I wanted to learn everything there was about about acne and how to conquer it. I read books, researched online, talked to specialists, visited dermatologists, made logs, experimented on myself, and labored over the topic until I really understood. No exaggeration, I wanted to absorb EVERY drop of everything. I was a mad scientist.

I've tried Daniel Kern's Acne.org regimen, I've read Leo Kiesen's Acne Yoda ebook, The Maker's Diet by Jordan S. Rubin, went through cookbooks for Type 2 Diabetes, tried random things on the internet, smeared aloe vera on my face and even ate the plant raw... I'm not trying to reinvent the wheel, my knowledge is not anything new that probably hasn't already been published by someone else, written in some scientific manual, or mentioned elsewhere.

That's not the point of this website. Hershey's didn't invent chocolate, Sony wasn't the one who invented the television, and Tony Robbin's didn't create the concept of self motivation and

self esteem. What they did was take something and make it even better.

The How To Clear Your Acne “regimen” is not something that I created. In fact, a lot of what I know comes from multiple sources including Leo Keisen’s ebook, the Body Ecology Diet by Donna Gates, and many others (which I recommend that you all go out and read by the way, these books have changed my life) but a lot of it also comes from my own experience. And I want to expand this knowledge even further as recently I’ve enrolled into a Masters program at a California State University to study Dietetics, Nutrition, and Preventive Medicine.

Having suffered from acne for the last 10 years of my life, I have my own opinion about things. Some treatments and acne plans I have like more than others, I put in this website. Others that I like less have either been excluded completely or have been commented about in some way. So again, you may recognize little things here and there, maybe even large things. I’m simply spreading the knowledge and experience of others and my own. In the back of my head, I knew that people like me who were suffering from acne, would kill for this information. And I wanted to give it to them.

I’m an ex-acne sufferer of 10 years and I’ve created this website in order to help bring about the knowledge of how the body functions holistically, specifically in relation to acne. I’ve tried everything from commercial acne products such as Proactiv Solutions & topical creams to the more extreme acne treatments, like ultraviolet electric laser therapy and steroidal injections. None of that stuff worked for me.

I’m now a graduate student of Dietetics and Nutrition Master’s Program, manager of a Contracting Company, real estate licensee,

and an avid psychology enthusiast. Acne led me onto a new path in my life, and I'm glad to be a part of something bigger than myself.

I'm here today to be your "personal" coach and to guide you through your acne struggles and how to clear your face exactly like how I wished someone would've helped me when I was struggling with acne. I know what you're going through because at that time in my life, I too, would've given anything and everything just to "move on" with my life.

HowToClearYourAcne.com & MyAcneCoach.com are the stories of how I battled with acne... and won.

The Next Step in Clearing Your Acne

THE SOLUTION TO YOUR ACNE

The solution to curing your acne is to not focus on improving your health in the commonly accepted way. Now, what I'm NOT saying is to not work out, not eat healthy, and not wash your skin. That is NOT what I'm saying. However, what I am saying is that what we believe now to be "taking care" of our bodies needs to be tweaked a little bit, especially if you have acne. And that "tweak" that you're looking for is exactly what How To Clear Your Acne is about.

What every acne sufferer must learn, especially the ones that are really fit and health conscious yet still can't figure out why they still have acne, is that there is a DIFFERENT KIND OF TAKING CARE OF YOUR BODY ROUTINE for us. Our bodies are different than the "average" person who eats whatever they want and just gains weight. Sometimes our bodies, which you've probably already noticed, doesn't even gain weight. Sometimes, when we neglect our bodies, we just end up breaking out instead. And it sucks.

It doesn't make any sense that we're working out, getting a good sweat, going to a sauna, washing our face, and then doing a facial mask yet we STILL breakout. WHY?!

So whatever you do, don't just keep working out and trying to eat "healthy" thinking that something's going to change and that

your acne is suddenly going to start clearing up if you just try harder.

I know this doesn't work. Because that's what I used to do. I would just redouble my efforts thinking that I wasn't trying hard enough. But that's not the answer and it's not going to cure your acne.

You need to stop and think. Reformulate a new plan. Really try and understand what's going on. Figure out the WHY.

It's questions just like these that I racked my brain for years! I've been in your shoes before and it's hard to really know what works and what doesn't. It just seems like there are so many acne products out there, it's hard to really find out with ones are telling the truth and which ones are lying. I've bought a lot of them too, Clearasil, Murad, ProActiv, those are just to name a few that I've tried. I used to have use a lot of acne products such as aloe vera, benzoyl peroxide, face creams, masks, etc... But these days, I barely even wash my face once a day sometimes, and I'm still clear. I'm proof that clearing your acne the healthy and natural way works. And it's permanent too, I still have clear skin and I have no problems maintaining acne free, clear skin.

And I finally figured out the perfect routine and way to care for our bodies and our skin if you have acne. The true causes of acne are really dirty blood and an overwhelmed system. And I talk a lot about these two causes in my website and more in detail about how to deal with them in my products.

For anybody reading this article, if you're serious about clearing your acne for good, the logical next step for you would be to learn about your body. It doesn't matter if you choose me or someone else, I would highly recommend you to start learning about how to clear your acne from the inside instead of concentrating on the outside. Make sure you know that outside acne treatments are only short term, and that you really want to focus on clearing acne from the inside out.

I don't hold back in this program, I'm telling you all of my experience, my stories, what I went through, what I learned, how I cleared my acne, and I'm teaching you exactly as if I were standing right next to you coaching you through the way. I WISH that I had something like this when I had acne. It would've saved me so much TIME, MONEY, and ENERGY.

I, and thousands of other people, have spent years of our lives suffering from acne. And I mean REALLY SUFFERING from having acne. And it's just a handful of us that finally found the secret to be able to free ourselves from those dark days when we hated the reflections of ourselves in the mirror.

There are those people out there that look at their old pictures and remember the days when they USED TO HAVE acne.

Some of them now have moved on with their lives and forgotten about the nights that they were ashamed of meeting new people because of their acne.

The question I have for you is...

WILL YOU BE THAT GUY?

Or are you going to just be another one of the dozens and hundreds and thousands of guys that just stand and wait... or hopes that whatever you're doing now will somehow magically start working?

If you want to know all the steps, top to bottom and front to back for how to clear your acne once in for all, then I have a hint for you ...

Go get my eBook "The Acne Free Diet", which can you can download and be reading in just a few minutes...

It's time for you to stop sitting on the sidelines and missing out on the acne free life you should be living. I'll show you how.

Go here for all the details: [The Acne Free Diet eBook](#)

To continue your journey in clearing your acne, please visit:

Websites by Ray

www.HowToClearYourAcne.com

www.MyAcneCoach.com

www.AcneConsultants.com

Products by Ray

www.AcneCD.com

www.TheAcneDVD.com

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